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Reaching out

In Day 3, we look at how police combat trafficking and one man's preference for masseuses over relationships PAGES 16-17

Happy Easter!

Metro will not be publishing on Good Friday. We'll be back on Monday!

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CELEBRATE REMEMBER FIGHT BACK

Temi Fola is out money after selling a pair of concert tickets she won as a social prize, only to later learn the tickets were fakes. New legislation regulating silent auctions at socials will make resolving such issues easier in the future, according to the province. SHANE GIBSON/METRO

New rules for socials may be just the ticket

Anti-social behaviour. Winnipeg woman says she's out $280 after Hedley passes she won turned out to be fakes

SHANE GIBSON
shane.gibson@metronews.ca

A Winnipeg woman is worried her luck has run out after concert tickets she won at a social raffle last month turned out to be fake, but the province says new legislation governing the traditional Manitoba fundraisers will help protect social-goers in the future.

Temi Fola told Metro Wednesday she'd won two luxury-box tickets to see Hedley on March 22, but sold the tickets to a friend because she couldn't make the show and her friend's daughter "loves" the band.

But when her friend and her daughter tried to get into the concert at MTS Centre Tuesday night, security told them the tickets were actually worthless.

"She's standing there with her daughter, being told her tickets are bogus, so she ended up having to buy tickets for who knows how much more," said Fola, who spoke to the social's organizers, who are trying to find out who donated the tickets. "But at the end of the day, what's going to be done?"

Fola estimates she's out around $280 between what she spent on tickets to win the prize and what she'll have to reimburse her friend for the cost of legitimate tickets.

While Fola might be out of luck this time, a spokesperson for the Liquor and Gaming Authority of Manitoba said legislation that went into effect April 1 will give recourse to others scammed in a similar way.

"Under the new liquor laws, this kind of raffle at a social event would be licensed by the Liquor and Gaming Authority of Manitoba," said Kristianne Dechant in an email. "If it had been a licensed raffle, we would be able to follow up with the licensee to investigate the complaint and seek to resolve the matter with the complainant."

Social etiquette

Under the new rules, tickets for silent auctions at licensed socials cannot be sold for more than $2 each and prizes must not exceed $500.

SOURCE: LIQUOR AND GAMING AUTHORITY OF MANITOBA

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Woman acquitted of murder

Pilot project. Lone camera stays focused on judge in province's first televised verdict

Manitoba's first-ever televised criminal proceeding Wednesday offered viewers a striking contrast — explicit facts about a violent relationship presented in a staid, formal manner.

Cassandra Knott was acquitted of second-degree murder in the stabbing death of her abusive husband, Orzias Knott, as a TV camera focused for 45 minutes on Court of Queen's Bench Justice Shane Perlmutter.

"It is understood and so ordered that the sole image to be captured by the camera ... is the image of me as the presiding judge," Perlmutter said before he started delivering his verdict.

The accused, her lawyers and the Crown attorney were never shown as Perlmutter read excerpts from his written decision.

He frequently looked directly into the camera being shared by media outlets and set off to one side of the large courtroom.

As soon as he finished, Perlmutter ordered the camera turned off. Knott began weeping openly and hugged her lawyers.

Throughout his verdict, Perlmutter calmly read over the litany of violence Knott had suffered at the hands of her husband.

She had been to hospitals and women's shelters several times since 2008, the trial had been told. She had been almost routinely punched and slapped, and sometimes hit with objects including a clock.

A psychiatrist testified Knott developed post-traumatic stress disorder.

Knott testified that on Feb. 18, 2011, her husband had been drinking and was beating her once again inside her home. She told him to leave and he went after her, court was told.

She grabbed a steak knife on a nearby counter and stabbed him once in the chest.

The Crown argued Knott acted out of revenge and could have called 911, but Perlmutter ruled she acted in self-defence.

"Escape was not an option.... The deceased was coming toward her.

"Given that the accused was facing this imminent, violent attack, I find that the accused had a reasonable basis to believe that she had to defend herself."

THE CANADIAN PRESS

Jaison Empson, videographer for CBC, sets up his camera in the courtroom of the Court of Queen's Bench in preparation of Chief Justice Perlmutter pronouncing his decision on the second-degree murder charge against Cassandra Knott Wednesday. JOHN WOODS/THE CANADIAN PRESS

Manitoba set to ban flavoured tobacco

Manitoba is set to join the list of provinces that restrict the sale of flavoured tobacco products, Healthy Living Minister Sharon Blady announced Wednesday.

Minister Blady said the aim is to stop tobacco companies from luring young people into smoking through cigarillos and other flavoured products.

"No parent wants their child to smoke and we should do whatever we can to keep them from picking up this dangerous habit in the first place," the minister said in a release. "Cigarettes that taste like strawberry and bubble gum in flashy packaging are attractive to children and encourage them to experiment with tobacco."

Flavoured cigars and cigarettes are often less expensive and use colourful packaging to appeal to youth, the minister said, noting a recent survey by the Propel Centre for Population Health Impact. The findings, released last October, showed teens are using flavoured tobacco products more often than non-flavoured.

Erin Crawford of the Canadian Cancer Society, Manitoba Division, said she's pleased the province is taking the initiative to ban the sale of some of these kinds of products.

"By preventing the sale of these products, this amendment would be an important step in protecting young Manitobans from being tempted to purchase tobacco products marketed as candy-like goods," Crawford said in a release.

SCOTT BEST/FOR METRO, WITH FILES FROM THE CANADIAN PRESS

Stubbing out smokes

In Manitoba, youth smoking rates declined to 13 per cent in 2012 from 29 per cent in 1999, according to the Canadian Tobacco Use Monitoring Survey. Every year, it is estimated tobacco kills about 2,000 Manitobans.

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Monkey business.
Assiniboine Park Zoo says farewell to lion-tailed macaques

There are a few less monkeys in the barrel at the Assiniboine Park Zoo.

The zoo will soon ship off the last of the lion-tailed macaque monkeys that had once kept visitors entertained at the monkey house but have been off-exhibit since the fall of 2012.

"About a year ago seven of them left for a zoo in China, and we still have four ... that are now going to another Canadian institution," explained Gary Lunsford, the zoo's general curator, noting the zoo had at one time been a leading breeder of the Old World monkey.

SHANE GIBSON/METRO

The Assiniboine Park Zoo will soon ship the last four of its lion-tailed macaque monkeys to another Canadian zoo. HANDOUT/ASSINIBOINE PARK ZOO

Minister Steve Ashton talks to media on Thursday. SHANE GIBSON/METRO

Cold spring brings risk of flooding

Slow thaw. Ice jams threatening a few homes in Winnipeg's south end

Manitoba flood officials say the prolonged cold spring is making flooding more likely for a few homes in Winnipeg.

The Red River is cresting upstream from the capital, but ice hasn't melted enough to open the floodway that diverts water around the city.

Emergency Measures Minister Steve Ashton said the amount of ice in the water is also pushing the river level up in south Winnipeg. A handful of low-lying homes may need ring dikes and other flood protection.

"We're able to operate the floodway in open water scenarios," he said at a flood briefing Wednesday.

"The ice on the Red River is, in many cases, three-feet-plus thick still. I can testify, coming from northern Manitoba, that's probably the kind of thickness you would expect to see on our winter roads into remote, northern communities."

The weather in Manitoba has been so cold — some 15 degrees colder than normal — that spring hasn't even arrived in many parts of the province.

Steve Topping, the province's executive director of hydrologic forecasting and water management, said the spring thaw has been put on hold in many regions.

"We're in a deep freeze and the melt has basically abated. Run-off is declining on all our tributaries except for the Red River and the Assiniboine River," he said.

"In many parts of the province, the run-off hasn't even started. The snow pack still exists."

Icebreakers have been out to reduce the chance of ice jams and are ready to be deployed again in Winnipeg if necessary, Topping said. THE CANADIAN PRESS

Public pool

Police charge man with sexual assault of boy

Winnipeg police have charged a man with sexual assault after a boy told his mother he had been touched at a public pool.

Police say the case involves a five-year-old boy.

Jonathan Alexander Baker of Winnipeg has been charged with sexual assault on a person under 16.

The 23-year-old also faces charges including sexual interference and failing to comply with a probation order.

Baker is being held at the Provincial Remand Centre. THE CANADIAN PRESS

Transcona

Teen pedestrian dead after crash

A young man hit by a vehicle in Transcona early Wednesday has died in hospital.

The 17-year-old male pedestrian was originally taken to hospital in critical condition after being struck by a vehicle at the corner of Regent Avenue and Lagimodiere Boulevard just after midnight.

Police are not releasing the victim's name, and are asking anyone with information about the crash who hasn't spoken to investigators to call police at 204-986-6271 or Winnipeg Crime Stoppers at 204-786-TIPS. METRO

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Mayor Sam Katz, left, and emergency preparedness co-ordinator Randy Hull update media on the frozen pipes situation on Wednesday. BERNICE PONTANILLA/METRO

City to waive winter running water bills

Nice break. Executive policy commission passes motion to allow for cost pickup

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

It's official — Winnipeg property owners who have been running their water since last December to prevent frozen pipes will not be facing costly bills.

Mayor Sam Katz's powerful executive policy committee passed a motion that gives the city's water and waste department the authority to waive the fees for running water, as well as base monthly bills on past estimated water usage.

City officials have stated for weeks that this would be the policy; on Wednesday it was formalized with a motion.

Quoted

"We wanted to be very clear so there was no misunderstanding."
Mayor Sam Katz

"I think there's maybe 800 or so (properties) who did run the water either after or before, to make sure they would be covered as well," said Katz. "We wanted to be very clear so there was no misunderstanding."

Katz said the city deals with reports of frozen pipes every winter, about 150 on average. However, this past winter's record cold spell led to 2,465 reports of frozen pipes since November.

Randy Hull, the city's emergency preparedness co-ordinator, said just over 400 homes stand without running water.

Mayes: City should consult francophones

Coun. Brian Mayes speaks outside of the meeting Wednesday. BERNICE PONTANILLA/METRO

A city councillor said he will consult with the francophone community on how to improve city services offered in both English and French.

Coun. Brian Mayes told the mayor's executive policy committee Wednesday he supports the administration's recommendation to update a 12-year-old by-law concerning municipal services offered in both official languages.

Mayes said he will bring recommendations from the francophone community back to council.

"It's important to go out and do a consultation now," said Mayes. "We need to talk to the Franco-Manitoban community and see what we might do better or if there are things that have become outdated."

Mayes said he thinks the level of service for those who want it in French is satisfactory. The Public Service's report outlines the city services already offered in both languages, including 311.

"We have 10 bilingual staff, so I think that area is getting better," said Mayes.

SCOTT BEST/FOR METRO

Looming dispute with Ottawa on service costs

Mayor Sam Katz said Wednesday that the city is looking for a "fair and equitable resolution" when it comes to the money it gets from the federal government for supplying services to its buildings in Winnipeg.

Katz was commenting on a Winnipeg Free Press story that the city was shortchanged $1.5 million last year for providing services to the National Microbiology Laboratory on Arlington Street near the Health Sciences Centre.

"This isn't the first time this issue has come up. We've been dealing with a similar issue on the Canadian Museum for Human Rights, as well," said Katz following Wednesday morning's executive policy committee meeting.

"There is a process involved.… The city does their assessment and then Ottawa will come back.

"If they disagree, we have discussions, communications, try and resolve it. If there's not a resolution, there is an appeal process."

The Government of Canada delivers a payment in lieu of taxes, not regular taxes, since it basically owns the country, he added.

Katz said there is an effect on municipalities when the two levels of government disagree on what is owed.

"You're talking serious dollars there," he said, adding a federal panel exists to deal with these kinds of disputes.

BERNICE PONTANILLA/METRO

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Date set for Tories' legal battle against PST hike

June 4. Pallister says they're standing up for taxpayers

Manitoba's official Opposition says its lawsuit against the province's sales-tax hike will be heard in court June 4.

Progressive Conservative Leader Brian Pallister says his party has secured the court date after filing the lawsuit earlier this year.

Pallister says he's standing up for taxpayers in an attempt to reverse the government's decision to raise the tax to eight per cent from seven.

The NDP government has said it followed legal advice and needed to raise the tax to pay for infrastructure projects.

Sales-tax increases in Manitoba are supposed to be subject to a referendum under the province's balanced budget law.

The government changed the law last year to eliminate the need for a referendum.

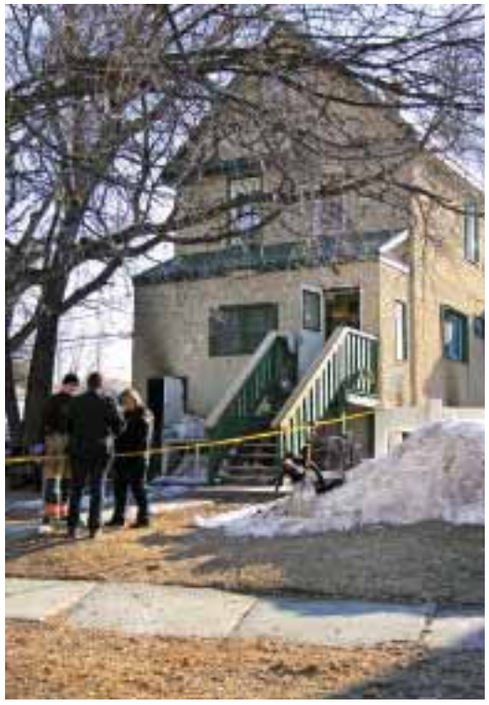
Premier Greg Selinger defended the decision last November: "It's not a decision I ever expected to make, but these investments are stimulating our economy and have already created work for thousands of Manitobans."

Pallister has said previously he doesn't buy that explanation, and said he would continue on the legal path.

"Our resolve is tremendously high," he said. "This process is not over. It's just beginning and we will continue to use every avenue to oppose these measures because they are a dangerous precedent."

THE CANADIAN PRESS

Progressive Conservative Leader Brian Pallister METRO FILE



One dead after house fire

Several people are hurt and one man has died after a fire at a rooming house in the 300 block of Enfield Crescent just after 5 a.m. Wednesday. Police said emergency personnel found several people inside the home, and only one escaped unharmed. A man was taken to hospital in critical condition where he later died. The investigation continues by members of the arson strike force. SHANE GIBSON/METRO

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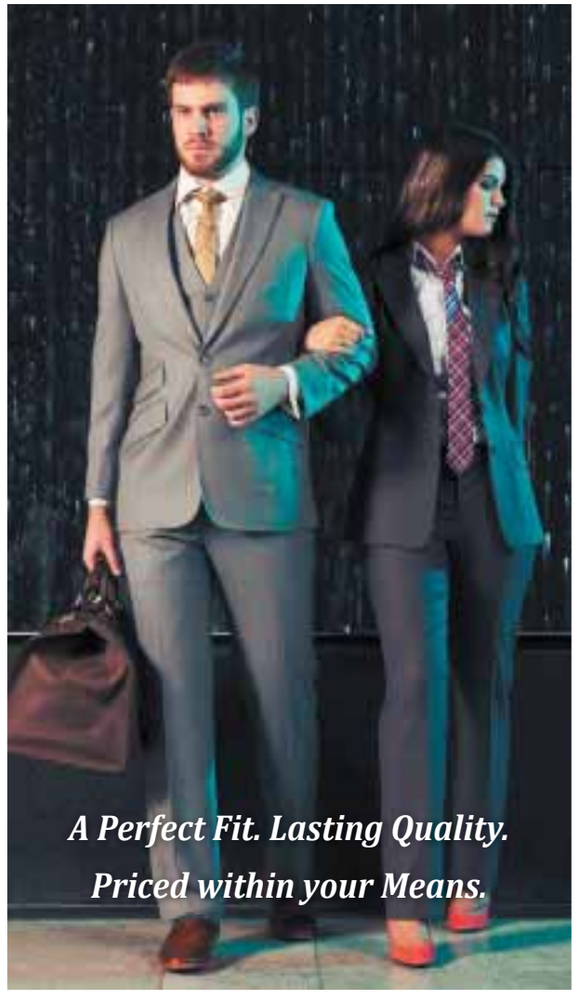

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Gay rights. Group urges IOC to rule out host cities with discriminatory laws

More than 100,000 members of an international gay rights group have sent messages to the IOC urging changes to ensure that future Olympic host countries do not have discriminatory laws on their books.

The group All Out reiterated its call on the International Olympic Committee to overhaul its selection process, citing the controversy that surrounded the Winter Games in Sochi over Russia's "gay propaganda" laws.

All Out says it delivered its message before Tuesday's deadline for public submissions on "Olympic Agenda 2020," IOC president Thomas Bach's project for reforms that will be voted on in December in Monaco.

All Out says more than 74,000 members signed a petition delivered to the IOC and another 41,000 sent their own messages.

The group wants the IOC to require that host countries have no discriminatory laws in place and future host city contracts include human rights pledges. It also urges the IOC to amend a clause in the Olympic Charter to specifically prohibit discrimination based on sexual orientation or identity.

THE ASSOCIATED PRESS

Ethiopia

Anti-gay rally cancelled

A planned anti-gay rally that would have made Ethiopia the latest African country to demonize gays has been cancelled, officials said Wednesday.

Plans by the legislature to add gay sex to a list of crimes not eligible for presidential pardons has been dropped, said a government spokesman.

Hostility toward gays across Africa is high, with homosexuals facing severe discrimination and physical attacks. THE ASSOCIATED PRESS

North Dakota

Judge overturns strict abortion law

A federal judge on Wednesday overturned a North Dakota law banning abortions when a fetal heartbeat can be detected, as early as six weeks into pregnancy and before many women know they're pregnant.

U.S. District Judge Daniel Hovland said the law is "invalid and unconstitutional." The state attorney general said he was looking at whether to appeal the decision.

THE ASSOCIATED PRESS

Bosnians come see family unearthed from mass grave

Bosnian woman Denisa Hegic looks at remains of her family members in the Sejkovaca identification centre, near the Bosnian town of Sanski Most, 260 kilometres northwest of Sarajevo, on Wednesday. AMEL EMRIC/THE ASSOCIATED PRESS

Mourners' statements will help prosecute. Former Bosnian Serb general Ratko Mladic is being tried on war crimes charges

Denisa Hegic pulled her scarf around her nose to guard against the stench, and drew back the plastic shroud. Shaking, she reached down to touch her mother's skull, and caressed it.

The last time she touched her mother she was bleeding on the floor of the family home, slain by Bosnian Serb soldiers storming their tiny village in northwestern Bosnia. On Wednesday, mother and daughter were reunited in a cavernous building used to house the remains of victims newly excavated from the mass grave in Tomasica, 200 kilometres northwest of Sarajevo.

"I found her body," she said.

Hegic's experience is being repeated this week by many survivors of Bosnia's 1992-95 war, as experts begin allowing families to view the remains meticulously pulled from the earth and identified through DNA analysis. Hundreds of families are expected to make the sad pilgrimage to see the dead.

So far, 430 victims were found in the Tomasica grave, a vast pit 10 metres deep and covering 5,000 square metres. The pit contains victims of Bosnian Serb military units who killed Muslim Bosniaks and Roman Catholic Croats in hopes of creating an ethnically pure region.

Many believe more people were originally buried there. Diaries confiscated from former Bosnian Serb general Ratko Mladic suggest that some of the bodies in the Tomasica pit were dug up and moved, which now complicates efforts to identify the dead.

But some progress has been made. Family members coming to view remains are also offering statements to local prosecutors to assist in efforts to prosecute Mladic, who is being tried on war crimes charges at the UN tribunal in the Netherlands. THE ASSOCIATED PRESS

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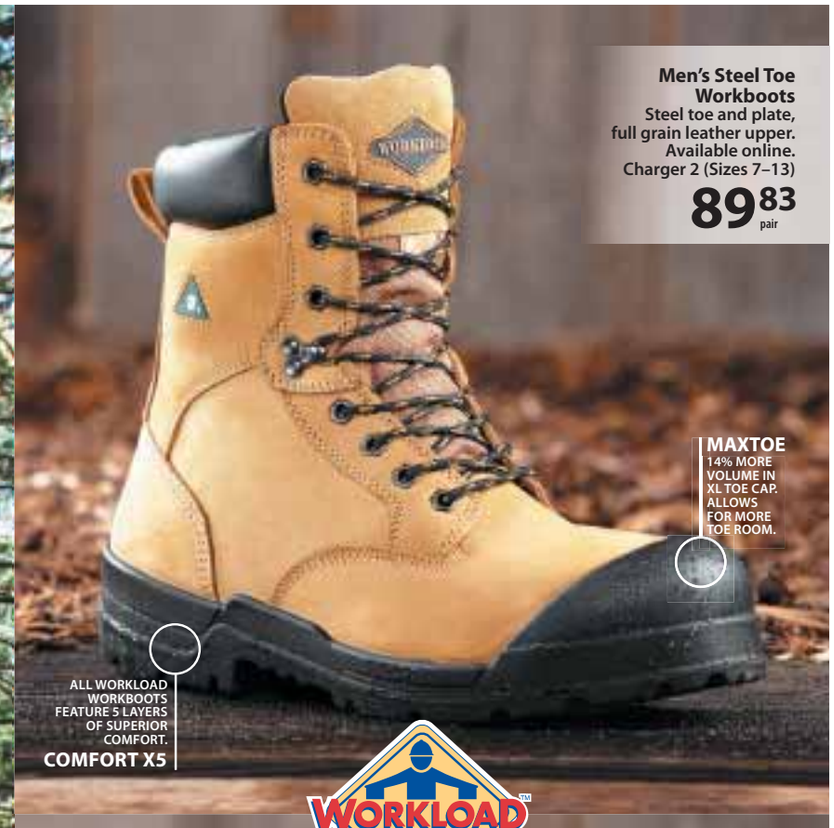

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Political players of all stripes gather to bid Flaherty farewell

State funeral. Harper opens the proceedings with personal tribute to late finance minister

Christine Elliott is escorted by her son Galen as they follow the casket bearing their husband and father, Jim Flaherty, following his state funeral in Toronto on Wednesday. CHRIS YOUNG/THE CANADIAN PRESS

A gallery of political luminaries from all sides of the partisan divide gathered at a cavernous Toronto cathedral Wednesday to set aside their differences and pay final respects to former finance minister Jim Flaherty.

Mourners donned green scarves, a tribute to Flaherty's Irish heritage, inside St. James Cathedral as they celebrated the diminutive, combative politician, who died of a heart attack last week at the age of 64.

Prime Minister Stephen Harper began the proceedings with a personal tribute to his longtime political confidante.

Directly addressing Flaherty's wife, Christine Elliott, and the couple's triplet sons, Harper said, "We have lost a partner in politics, but you have lost a partner in life."

Harper kept his composure throughout most of what turned out to be a cheerful, lighthearted look back on the time he and Flaherty shared together in power on Parliament Hill.

"Occasionally, I imposed a final decision," Harper said of their periodic cabinet-table disputes.

"Occasionally I decided he was probably right. And occasionally, I decided he was wrong, but let him have his way because I just got so damn tired of arguing with him."

But as Harper's eulogy ended, he had to compose himself as he described the day he accepted Flaherty's resignation.

"I told Jim that he had truly been over these eight years, in my judgment, the best finance minister in the world, if not indeed the best in our history," Harper said.

"I also wished him well in his next career … and I told him not to be a stranger."

Liberal Leader Justin Trudeau, NDP Leader Tom Mulcair and former prime ministers Brian Mulroney, Kim Campbell and John Turner were among those on hand for the funeral, alongside federal cabinet ministers including John Baird, Peter MacKay and Chris Alexander.

Flaherty's state funeral is the first such honour since 2011, when former NDP leader Jack Layton was laid to rest.

THE CANADIAN PRESS

Quoted

"What a sad time this is in the life of our country."

Prime Minister Stephen Harper

Calgary still in shock day after horrific murders

Women cry and hug beside a makeshift memorial near the scene of the multiple fatal stabbings in Calgary on Wednesday. LARRY MACDOUGAL/THE CANADIAN PRESS

Ernie Hagel has had plenty of experience with death during his 43 years as a funeral director, but he's struggling to deal with the loss of one of his promising young employees.

Jordan Segura was one of five young people stabbed to death at a house party in Calgary early Tuesday morning. He had worked for McGinnis and Holloway Funeral Homes in the city over the last year.

"Our staff are devastated," Hagel said Wednesday. "We've tried to deal with this, but when it hits home it hits hard. If it doesn't, it's time to get out of the funeral business."

Segura was attacked along with Zackariah Rathwell, Josh Hunter, Lawrence Hong and Kaiti Perras. All were in their 20s. All were at a party marking the end of classes at the University of Calgary.

Matthew de Grood, 22, has been charged with five counts of first-degree murder, and has been transferred to a Calgary psychiatric facility. Lawyer Allan Fay said a justice of the peace ordered his client to receive a psychiatric assessment. Fay said he has spoken to his client, and de Grood was doing as well as could be expected.

"He was lucid, at least he seemed lucid to me. He seemed to understand what was going on to the best of someone's abilities," Fay said. "It's going to be a very difficult case indeed."

The Calgary home where the attack took place was surrounded with police tape Wednesday and the street remained closed. Flowers were piled under a tree in a makeshift memorial. There were also hand-scrawled notes and a candle paying tribute to the dead.

One read, "Heaven has five new angels."

THE CANADIAN PRESS

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Eastern Canada wades through deep waters

Keegan Worden, left, and David Clement check on a flooded Tim Horton's location in Sussex, N.B. Rain, melting snow and ice-choked rivers forced waters to rise in parts of Eastern Canada on Wednesday. Roads were submerged, basements filled and power knocked out as people were warned to prepare. High water levels have also triggered emergencies in Centre Hastings and Tweed in eastern Ontario, joining Belleville. DAVID SMITH/THE CANADIAN PRESS

Exploiting CRA bug an easy feat

Heartbleed bug.
Exploiting vulnerabilities in websites can be easily learned, says tech analyst

A London, Ont., teen accused of stealing social insurance numbers from the Canada Revenue Agency website may be just one of many hackers who took advantage of the Heartbleed encryption bug.

"This won't be the last that you hear of it," said London-based tech analyst Carmi Levy, adding that similar announcements as the CRA's will come in the future.

The RCMP announced Wednesday that Stephen Solis-Reyes, 19, a student at Western University, had been arrested and charged.

Levy said there's a huge and hungry appetite for stolen personal information such as social insurance numbers, and learning how to breach a vulnerable website is easily done with a simple Google search.

"Anyone who's adept with Google can easily find them."

Solis-Reyes appears to be highly adept.

He is listed as a member of the school's robotics club, the programming club and the robotics challenge team.

He was also part of the team that was city champions in the Ecoo (Educational Computing Organization of Ontario) programming contest.

Solis-Reyes is scheduled for a July 17 court appearance in Ottawa. The investigation is ongoing, police said.

SCOTT TAYLOR/METRO IN LONDON WITH FILES FROM MIKE DONACHIE

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Tensions intensify in east Ukraine

Slovyansk. Central government further marginalized after latest incursion

A column of armoured vehicles flying Russian flags drove into a Ukrainian city controlled by pro-Russian insurgents Wednesday, dampening the central government's hopes of re-establishing control over restive eastern Ukraine.

Still, it was far from clear just who these mostly masked men were and what their presence meant for eastern Ukraine, which has seen a surge of support for closer ties with Russia and against the new government in Kyiv, which wants closer links to Europe.

Insurgents in the city of Slovyansk last weekend seized the police headquarters and the administration building, demanding broader autonomy for eastern Ukraine and closer ties with Russia. One of the men on the vehicles, who identified himself only as Andrei, said the unit was part of Ukraine's 25th Brigade of Airborne Forces and that they had switched to the pro-Russian side. The military insisted the armed men seen on APCs in Slovyansk were not Ukrainian forces.

Soldiers of the Ukrainian army sit atop combat vehicles as they are blocked by people on their way to the town of Kramatorsk on Wednesday. The central government has been unable to rein in the pro-Russian forces, who it says are demanding broader autonomy and closer ties with Russia. EFREM LUKATSKY/THE ASSOCIATED PRESS

In Slovyansk, a city 160 kilometres from the Russian border, the armoured vehicles stopped near a government building and flew Russian flags while residents chanted "Good job! Good job!"

"We will never allow the fascist Kyiv authorities to come here," said Andrei Bondar, 32, a Slovyansk resident.

But Tetyana Kustova, a 35-year-old sales clerk, was appalled by the unrest. "They are pushing us toward Russia," she said. "They are tearing Ukraine into pieces."

THE ASSOCIATED PRESS

'Different assessments'

World reacts to the crisis

German Chancellor Angela Merkel called Russian President Vladimir Putin to discuss the events in Ukraine and preparations for diplomatic talks in Geneva on Thursday.

The Kremlin said Putin told Merkel that the escalation of the conflict places Ukraine "on the verge of a civil war." Merkel's office said she and Putin had "different assessments" of the events.

NATO Secretary General Anders Fogh Rasmussen said NATO aircraft will fly more sorties over the Baltic region and allied ships will deploy to the Baltic Sea, the Mediterranean and elsewhere. Western nations fear that Moscow will use unrest in eastern Ukraine as a pretext for a military invasion. THE ASSOCIATED PRESS

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N. Korea bristles at London salon

'Bad hair day?' Poster ignites diplomatic row

North Korea has made a diplomatic appeal to the British government to get a London salon out of its hair.

The country's diplomats have complained to the Foreign Office about a hairdressing salon that put up a poster poking fun at the distinctively coiffed North Korean leader Kim Jong-un.

Staff at M&M Hair Academy say they were visited by diplomats from the embassy after putting up a poster last week featuring a picture of Kim — who sports a distinctive short-back-and-sides 'do — and the slogan "Bad Hair Day?"

He said staff refused the diplomats' request to remove the poster and had reported the incident to police. Police said no crime had been committed.

Barber Karim Nabbach stands next to a poster poking fun at North Korean leader Kim Jong-un's unusual hairstyle. M&M HAIR ACADEMY/THE ASSOCIATED PRESS

The embassy didn't immediately respond to a request for comment.

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Scan the photo below with your Metro News app to see a photo gallery of the rescue efforts in the South Korea ferry sinking.

South Korean ferry disaster

Near Jindo. Over 280 were missing; many had been trapped inside the boat as water rushed in; the tilt kept them from reaching exits

A ferry carrying 462 people, mostly high school students on an overnight trip to a tourist island, sank off South Korea's southern coast on Wednesday, leaving more than 280 people missing despite a frantic, hours-long rescue by dozens of ships and helicopters. At least four people were confirmed dead and 55 injured.

The high number of people unaccounted for — likely trapped in the ship or floating in the ocean — raised fears that the death toll could rise drastically, making it one of South Korea's biggest ferry disasters since 1993, when 292 people died.

One student, Lim Hyung-min, told broadcaster YTN after being rescued that he and other students jumped into the ocean wearing life jackets and then swam to a nearby rescue boat.

"As the ferry was shaking and tilting, we all tripped and bumped into each another," Lim said, adding that some people were bleeding. Once he jumped, the ocean "was so cold.... I was hurrying, thinking that I wanted to live."

Local television stations broadcast live pictures of the ship, Sewol, listing to its side and slowly sinking as passengers jumped out or were winched up by helicopters. At least 87 vessels and 18 aircraft swarmed around the stricken ship. Rescuers clambered over its sides, pulling out passengers wearing orange life jackets.

But the ship overturned completely and continued to sink slowly. Within a few hours only its blue-and-white bow stuck out of the water; 160 coast guard and navy divers searched for survivors inside the wreckage.

THE ASSOCIATED PRESS

The South Korean Coast Guard tries to rescue passengers from the ferry Sewol off the southern coast near Jindo, south of Seoul, Wednesday. Dozens of boats, helicopters and divers scrambled to rescue more than 470 people, including 325 high school students.

HYUNG MIN-WOO, YONHAP/THE ASSOCIATED PRESS

South Korea

Ferry tragedy could be one of country's worst

Yonhap news agency said the 146-metre-long ship, which travels twice a week between Incheon and Jeju, was built in Japan in 1994 and could carry a maximum of 921 people, 180 vehicles and 152 shipping containers.

The water temperature in the area was about 12 C, cold enough to cause hypothermia after 1 1/2 hours of exposure.

The two previous deadliest ferry disasters were in 1970 when 323 drowned and 1993 when 292 died.

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Suspect in baby deaths had births at home

Secret pregnancies. Neighbours remember weight fluctuations and toggling between baggy, tight clothes

A woman accused of concealing seven pregnancies before strangling or suffocating her newborns gave birth each time in her home, authorities said Wednesday.

Investigators have determined that Megan Huntsman, 39, did not go to a hospital to have the babies, police Capt. Mike Roberts said.

After her estranged husband discovered one of the infant corpses in the garage this past weekend, Huntsman acknowledged to police that she killed six of the babies over a decade from 1996 to 2006. She told police one of the babies was stillborn.

The investigation

Utah investigators are examining DNA from the babies to determine who the parents are, studying the bones to find out how long ago the babies died and have questioned family members and neighbours in pursuit of clues about how she did it.

- They are trying to determine why she did it and who else, if anybody, knew about it.

Roberts said Huntsman also hid her pregnancies with her two oldest daughters, now in their early 20s, from extended family until she was at the hospital. Neighbours have said they never knew she was pregnant.

Her husband, Darren West, told police in his initial interview that he knew nothing about the pregnancies. He has since obtained an attorney and investigators haven't spoken with him again, Roberts said.

THE ASSOCIATED PRESS

Booking photo of Megan Huntsman.
COURTESY UTAH COUNTY SHERIFF

PM's office scolds Carter over Keystone opposition

The Keystone XL pipeline issue has created a tiff between a former U.S. president and the Canadian government. The Prime Minister's Office reacted swiftly Wednesday to a letter signed by Nobel laureates, including Jimmy Carter, urging U.S. President Barack Obama to reject the pipeline.

Prime Minister Stephen Harper's office warned: Remember 1979. It was a reference to the dip in oil supply that followed the Iranian revolution and touched off a global panic. Prices spiked and long lines formed at gas stations, helping destabilize Carter's one-term presidency.

"Mr. Carter knows from his time as president during the 1979 energy crisis there are benefits to having access to oil from stable, secure partners like Canada," the PMO said.

The statement also cited multiple reviews by the U.S. State Department that said the project would create thousands of construction jobs without an impact on the environment.

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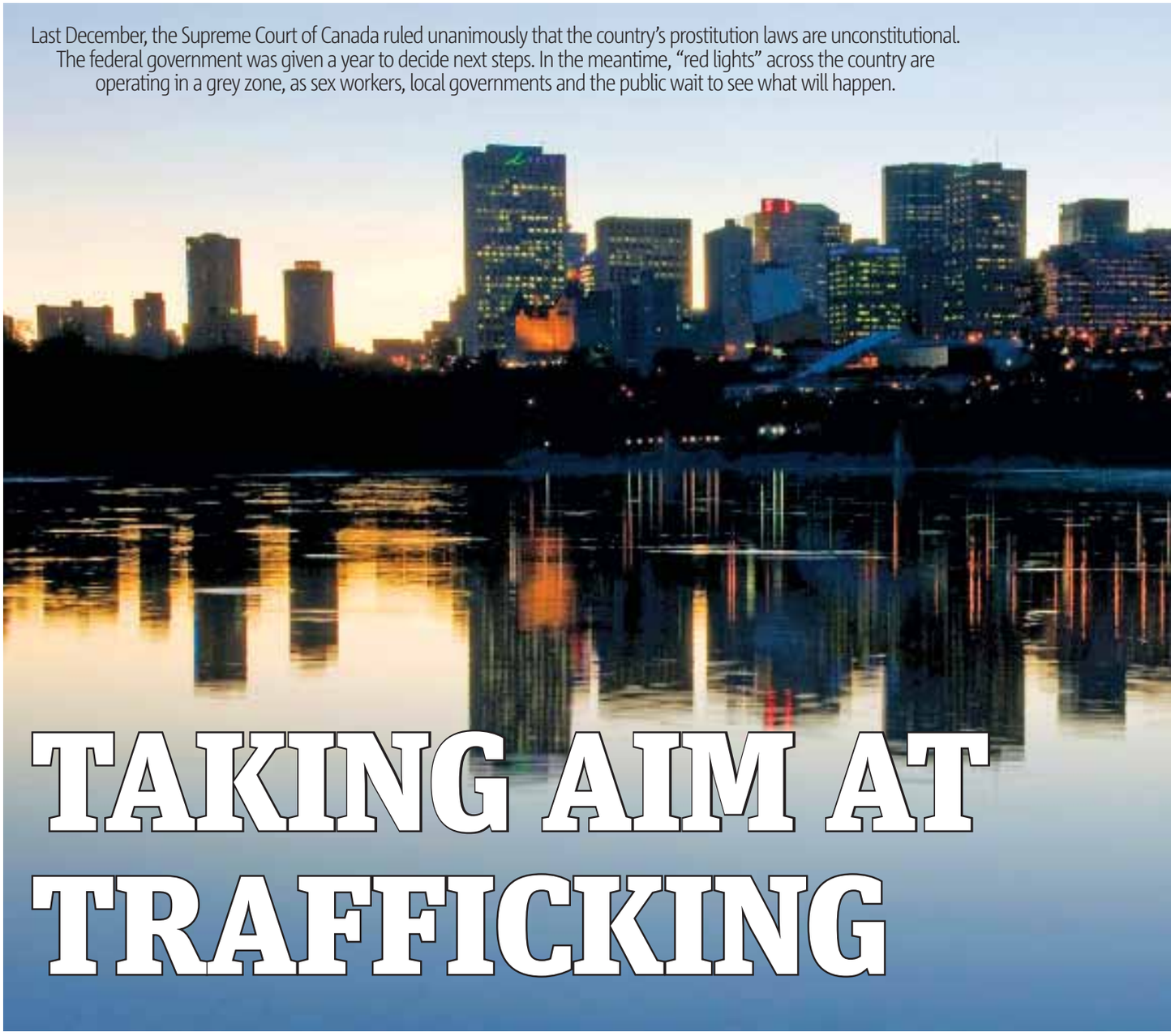
Last December, the Supreme Court of Canada ruled unanimously that the country's prostitution laws are unconstitutional. The federal government was given a year to decide next steps. In the meantime, "red lights" across the country are operating in a grey zone, as sex workers, local governments and the public wait to see what will happen.



TAKING AIM AT TRAFFICKING

For the final day of our three-part series, Metro Canada speaks with police, counsellors and anti-exploitation advocates working on the front lines to try to ensure body rub workers in Edmonton have the proper abuse-prevention resources available. They all admit it's hard to pin down the number of criminal acts being committed on a daily basis due to the secretive nature of the sex industry

LEAH GERMAIN
Metro in Edmonton

For Edmonton police Det. Steve Horchuk, building trust is the cornerstone of his job, especially when it comes to working with women at body rub parlours. The city's regulated parlours make up the largest and most consistent group of sex workers in Alberta's capital, he says.

Working with his fellow officers on the Edmonton Police Service vice unit, Horchuk's days are spent building bonds, breaking down barriers and offering sex workers an outlet to talk about abuse or exploitation.

"We are looking for human trafficking. We are looking for underage girls and women getting ushered into the business," Horchuk says in a matter-of-fact tone. "Any sort of oppressive environment."

He said the reason for relationship building is simple: By educating sex workers about the risks involved in the industry, women can start to distinguish what's criminal and what's not.

Waiting for the other shoe to drop

"As education and awareness increase, I think we are going to see more reports of human trafficking in general."

ACT Alberta executive director Andrea Burkhart

"Sex workers will often deal with it on their own, without realizing they're being victimized," Horchuk says, adding it's almost impossible to know precisely how much crime or abuse might be happening at body rub parlours.

"We think, anecdotally from the women disclosing how many customers try and force anal intercourse, or try and force no contraception or they get rough and punch, choke or do things that are not consensual, that happens quite frequently."

Andrea Burkhart, executive director of ACT Alberta — an advocacy group that works with police and other local stakeholders to address human trafficking — is also committed to building trust with potential victims of the sex industry, particularly human trafficking.

"It's very hard to see human trafficking at first glance," Burkhart said. "People who've been trafficked often don't self-identify and (they) deny they've been trafficked."

While experts are unable to pin down the number of times women are trafficked into the sex industry through body rub parlours, Burkhart said building trust between sex workers and law enforcement is the first step to identifying the problem.

"There is still a lot that needs to be uncovered," she said. "As education and awareness increase, I think we are going to see more reports of human trafficking in general.

"We are hopeful those who have been trafficked in massage parlours know there is assistance for them should they come forward and seek help."

'Do you see me?'

A poem from former sex trade worker "Julie," provided by the Centre to End All Sexual Exploitation.

I work at the massage parlour you go to. Do you see me?

You come in and I catch a glance of you. I think I know you. I quickly run to the back room. Do you see me?

I check the camera. I don't recognize you, so I get ready to greet you with the other girls. We meet and you look at me leeringly. I tell you my fake name. I'm apprehensive. Do you see me?

I smile and exit before the next girl introduces herself. You tell her you want a session with me. She calls me back and appears upset that you chose me. She intimidates me and I'm scared of her. Do you see me?

We enter the room and you tell me you don't quite have the amount of money I quoted and ask for a 'deal.' I oblige. I feel cheapened. Do you see me?

I start to take my clothes off for you. I'm uncomfortable. I'm ashamed. Do you see me?

You start touching me and my skin starts to crawl. I feel myself pull away for a moment. Do you see me?

You ask if I enjoy what you are doing to me. I smile and say I do even though it's a lie. Do you see me?

You finish and tell me that you had a great time. I say I did too. Another lie. Do you see me?

You ask if I genuinely like my job. I tell you I love my job. I'm lying again. Do you see me?

You tell me you will come back and visit me again. I force a smile but I am dreading that day. Do you see me?

As you exit the parlour, I get tears welling up in my eyes. I feel objectified, de-humanized. Do you see me?

You leave and I prepare to meet the next guy who is already waiting, all the while wondering, Did you see ME?

Don't buy women, Don't buy the lie.

ISTOCK IMAGE

Edmonton police are trying to forge relationships with massage sex workers so women in danger don't feel like they have to deal with issues on their own. METRO

In a parlour or on the street, 'it is still sexual exploitation'

Hidden victims.
Despite regulations, abuse and exploitation still prevalent at body rub parlours, former vice detective says

LEAH GERMAIN
Metro in Edmonton

When it comes to the economics of body rub parlours, many sex workers advocate that it's time to stop thinking of them as a commodity and address the issue of supply and demand.

"At the core, it's a women's equality issue and a poverty issue," said Kate Quinn, the executive director for the Centre to End All Sexual Exploitation in Edmonton.

Working with sex workers on a daily basis, Quinn said one of the greatest issues facing the sex industry is a living wage for women. "When there is no livable wage option, women turn to the commercial sex industry and that's what we need to change," she said.

Acknowledging the struggles on the supply side of the equation — the women in the industry — Quinn said the impact body rub parlours have on demand — those paying for their services — is often overlooked.

"Women I have worked with in the commercial sex industry have said 90 per cent of their customers were married men, that money paid to those women came from their family economy," Quinn said.

"We never talk about the buyer's side. We never talk about the hidden victims — the buyer's family, children."

Like Quinn, JoAnn McCartney, a former Edmonton Police Services vice detective and current anti-prostitution advocate and counsellor, said even though body rub parlours are largely regulated, exploitation and abuse is an ongoing issue for sex workers.

From her own experiences visiting parlours as a police officer, and from stories shared with her by body rub workers, McCartney said she sees very little differentiation between street sex workers and women working in parlours.

"The women working in there think they are different from street prostitutes," said McCartney.

"They believe they are a step up. I don't think they are any better or worse. It is still sexual exploitation."

Advocates say it's time to stop thinking about sex workers as a commodity. ISTOCK

John says ...

Oil worker cuts out 'girlfriend bulls–t' in favour of massage parlours

Oil-rig work keeps John away from Edmonton for two to three weeks at a time. It also makes it pretty difficult for him to keep a steady girl back in the city, he says. As an alternative, the 34-year-old turns to massage parlours.

"It's hard for women to stay faithful. Every girlfriend I've had has cheated on me while I've gone to work. So basically I cut the whole girlfriend bulls–t out," he said.

Three years ago, John met Roxy (a body rub parlour worker Metro featured in Part 1 of this series). Every three weeks, when he was back in the city, John would drop by the parlour where she works.

The two eventually became friends, so they ended the working relationship and John now visits other parlours in the city, spending about $260 to $300 an hour to "stay" with a woman.

He said it is cheaper than date night.

"By the time you take a girl out on a date just to get some a–, you're looking at spending just about the same," he said.

John said he plans to stop visiting massage parlours once he is in a steady relationship.

Editor's note: John's name has been changed to protect his identity.

STEPHANIE DUBOIS/METRO IN EDMONTON

Your voice

What you had to say about this series

Metro readers had a lot to say about our three-part series on body rub parlours. Here is a selection of some of the comments posted on our website:

There are many people who don't have a lot of money, but they go out and work 2-3 jobs to make ends meet. Giving your body to be used by a complete stranger is not working, it's called prostitution no matter how you may try to word it. It not only puts the prostitute at risk of violence or disease, but most importantly it puts the married men at risk of bringing home those diseases to their innocent wives as well as destroying marriages when they are caught. They should not be legal/licensed anywhere in Canada. **CommonSense**

The best solution is to legalize prostitution so you go to a regulated brothel for sex and a massage therapist for injury related massage. **Annoyed**

Seems to me Canadians have set most of the prudishness aside, and realize that the sex trade cannot be stopped, but can only be driven underground ... I look forward to the day when we will look upon a normal, and potentially exciting, sexual encounter, as we now look forward to a lovely dinner at a fine restaurant. Why shouldn't one treat themselves to something new and exciting? **Awfulorv**

This career does not put married men at risk of anything; that is the married man's choice, not the sex worker's. That line of thinking is the same as people who blame rape victims for "dressing provocatively," as if men are some out-of-control animals who only rely on base instincts. If someone is OK with, or even enjoys sharing a sexual experience with others for money, that is their business, not yours. Don't like it? Don't participate in it. Simple as that. **Kakkoi**

Get caught up

If you missed any part of Metro Canada's three-day series, visit metronews.ca/features/massage-parlours for all our features, along with additional content only available online.

We are known for our love of hockey and Tim Hortons coffee — now we can add tablets to the list. More than 42 per cent of anglophone Canadians now have a tablet, and many of us have chosen an iPad, a new survey says. JUSTIN SULLIVAN/GETTY IMAGES

Is Apple's iPad as Canadian as maple pie?

A new survey, eh? 1 in 4 Canucks now own a tablet, with many opting for an iPad

More than 42 per cent of anglophone Canadians now own a tablet and most are increasingly choosing one of Apple's iPads, suggests a report by the Media Technology Monitor.

Tablet ownership spiked by about 66 per cent between 2012 and 2013, according to the results of a MTM survey conducted with 4,009 Canadians between Oct. 7 and Dec. 1 of last year.

In the fall of 2012, about one in four anglophone Canadians told pollsters they had one of the gadgets, while a similar survey conducted in the fall of 2011 found just one in 10 were tablet owners.

Apple's iPads account for about two-thirds of the tablets Canadians own, MTM's newest report suggests, while BlackBerry's PlayBook and Samsung's Galaxy Tab devices have a 10 per cent share of the market each. Apple's hold of the market has consistently grown in MTM's polls while the other brands have stagnated.

The polling numbers also seem to suggest that while tablets are now more commonly found in Canadian households, they're being used a little less often.

In the spring of 2011, 46 per cent of tablet owners said they used their tech toy several times a day, 25 per cent said they used it at least once a day, and 16 per cent said they used it once a week.

Last spring, only 38 per cent were using theirs several times a day, 24 per cent said it was turned on at least once a day, and nine per cent said they picked it up once a week at least.

Not surprisingly, MTM found consumers with higher incomes were far more likely to have bought a tablet. Almost 80 per cent of anglophone consumers with a household income above $200,000 had a tablet, as did 66 per cent of those with a household income between $150,000 and $199,999.

THE CANADIAN PRESS

Use

88%

Overall, the tablet users surveyed typically said they used their device to go online (88 per cent), browse the web (80 per cent) and use email (65 per cent). About half said they used their tablet for social networking, watching video and reading news.

America

Smartphones to get 'kill switch'

A trade group for wireless providers in the U.S. says that the biggest mobile device manufacturers and carriers will soon put anti-theft tools on the gadgets to try to deter rampant smartphone theft.

It appears the wireless industry has somewhat reversed course as law enforcement and elected officials in the U.S. demand that manufacturers implement a "kill switch" to combat surging smartphone theft across the country. Industry officials have previously said putting a permanent kill switch on phones has serious risks, including the potential that hackers could activate it.

THE ASSOCIATED PRESS

Stephen Poloz

BoC head won't rule out future interest rate cuts

Bank of Canada governor Stephen Poloz says he has not ruled out a future cut to interest rates despite evidence disinflationary pressures appear to be waning and his belief that the global and Canadian recoveries are picking up steam.

"We are neutral; that means a rate cut cannot be taken off the table at this stage," Poloz said during a news conference Wednesday. "It will depend on the data flow." THE CANADIAN PRESS

Bitcoin exchange fall. Mt. Gox customers not likely to get money back

The Mt. Gox bitcoin exchange in Tokyo is headed for liquidation after a court rejected its bankruptcy protection application.

Mt. Gox said Wednesday the Tokyo District Court decided the company, which was a trading platform and storehouse for the Bitcoin virtual currency, would not be able to resurrect itself under a business rehabilitation process filed for in February.

An administrator will try to sell the company's assets, and many creditors, including those who had bitcoins with the exchange, are unlikely to get any money back.

After Mt. Gox went offline in February, its CEO Mark Karpeles said 850,000 bitcoins worth several hundred million dollars were unaccounted for, blaming a weakness in the exchange's systems.

Later, Mt. Gox found 200,000 of the bitcoins, changing the estimate for the lost virtual currency to 650,000 bitcoins, although the exact amount is still under investigation. Mt. Gox has suggested the bitcoins were stolen. The company has not been able to confirm the bitcoin balances of its users.

The exact amount of bitcoins lost in the Mt. Gox collapse is still unknown. RICK BOWMER/THE ASSOCIATED PRESS FILE

Bitcoins were created in 2009 by a mysterious figure or group known as Satoshi Nakamoto and are used for transactions across borders without third parties such as banks. They have also become an investment craze. Mt. Gox said in a statement that bankruptcy proceedings are likely to start in the U.S. along with the action in Japan, but the timing is still unclear. It said there may be a buyer for its business but that was still undecided.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 90.76¢ (-0.34¢)

TSX 14,446.52 (+142.60)

OIL $103.76 US (-$0.01)

GOLD $1,303.50 US (+$3.20)

Natural gas: $4.53 US (+$0.04)
Dow Jones: 16,424.85 (+162.29)

IT'S NOT YOU, IT'S THE PLAYOFFS

HE SAYS

John Mazerolle
metronews.ca

By the time you read this, my love, I may already be in sudden death.

We've grown close these first few months together, but as my girlfriend I think it's only fair you know there's a side of me you haven't seen before — a dark side, an off side. It's time for the NHL playoffs.

I'm so sorry.

If you're reading this, you probably already know what I mean. Maybe you've picked up this column during a game because you've given up on speaking to me directly.

You speak, but I respond with only an icy stare in the direction of sudden-death overtime.

You step in front of the screen, and I leeeean around you, possibly rousing myself long enough to mumble the old family chestnut about making "a better door than a window."

You try to ask about Don Cherry's wardrobe, but I've plugged my fingers into my ears and curled into the fetal position until he's done explaining that the forwards should cover the points.

But don't fret. I believe in us. Or, to be more specific, I believe you have what it takes to put up with me. You've proven it before.

We went to see a Raptors basketball game together, and you provided the insightful colour commentary that only fresh eyes can deliver: "They score a lot in basketball!" And you showed a true understanding of the heart of basketball (really), when you said, "It's taken them 10 minutes to play the final 36 seconds."

We watched the Raptors lose, though they won their division because the team chasing them lost in a simultaneous game. You got home, saw the headline "Raptors win" and declared, "I don't think I understand basketball," and it was just about the cutest thing ever.

And, recently, your roommate wished me "Good luck" for the hockey playoffs, and you were confused because I don't actually play for the Boston Bruins, even if my apartment has more B's paraphernalia than their team bus. You chuckled and insinuated that I somehow have no impact on the result of the game.

That's nonsense, of course. Anybody who's ever helped their kid eat by opening their own mouth, or helped a pilot land an airplane by staring out the window, knows the vital role I play.

But I'm not asking you to understand. You don't even have to like it. You just have to understand that I like it.

So, my sincerest apologies, my love. I'll make it up to you, and I don't need anything from you. You don't need to know your icing from your elbowing penalty. You just need to know I'll be in my Cups just a little while longer, and then I'm yours.

I know I'm risking heartbreak and loss over these two months, but that's hockey!

Sincerely,
John

P.S. Thanks for being such a good sport. I'm a fan of those.

ZOOM

Dog days of prosthetics

LINDSEY MLADIVINICH/ORTHOPETS/THE ASSOCIATED PRESS

Pooch saved from foreclosed home

Naki'o, a red heeler mix breed, has received four prosthetic limbs in Denver, Colo. Naki'o was found in the cellar of a Nebraska foreclosed home with all four legs and its tail frozen in puddles of water-turned-ice. What frostbite didn't do, a surgeon did, amputating all four legs and giving him four prosthetics. THE ASSOCIATED PRESS

Two-legged dog vid

- A nine-month-old boxer named Duncan barrelled down a beach in Oregon, running full tilt on soft sand into YouTube history and showing more than four million viewers he can revel in a good romp despite lacking back legs.

More Paw-sibilities

More veterinarians are using wheelchairs, orthotics and prosthetics to improve the lives of dogs that have lost limbs to deformity, infection or accident, experts say. There have also been great strides in technology to keep up with U.S. soldiers returning wounded from war, and veterinarians have adapted the materials and know-how for the rising demand from clients. THE ASSOCIATED PRESS

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metro AR

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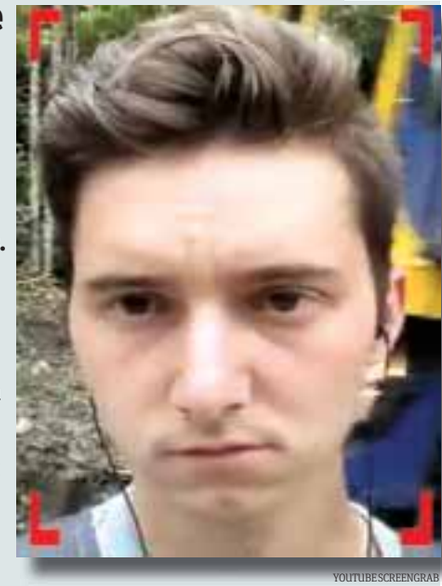
metro AR

MetroTube

Selfies suffer a huge blow to the head

ANDREW FIFIELD
metronews.ca

Selfie has had a tough time since the heady days of 2013 when it was blessed with Word Of The Year status by Oxford Dictionaries. First, its definition was rudely changed to "here's a photo of me surrounded by mob of grinning faces." And, it's also become shorthand for Samsung PR stunt. Now this: A young man can't even take a well-groomed selfie in a situation of highly questionable safety without getting a rude boot to the head from a train engineer — a lesson in self-preservation that comes with an ironic dash of danger. (Via Jared Michael)



YOUTUBE SCREENGRAB

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“I’m just not into you anymore.”
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#3
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See that symbol? It means you can scan this image with your Metro News app. I'm Batman! See a clip from The Lego Movie

Fine family films for Easter

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

The Lego Movie is one of the best movies out this year — for kids and adults. CONTRIBUTED

Synopsis

After enjoying big Easter and Passover meals, the Reel Guys like to treat the family to a good movie. Because there are as many different kinds of family movies as there are colours on the most psychedelic Ukrainian Easter egg, this week the guys have a look at their favourites. From the big screen to rentals for the small screen they choose movies that will put an extra hop in your step this weekend.

Long weekend entertainment. The Reel Guys list their picks for flicks that delight both parents and kids

Richard: Mark, if you're planning to take the kids out to the movies this weekend, there are two recent family flicks that deserve to be seen on the big screen. The Lego Movie is possibly the weirdest, most psychedelic kid's entertainment since H.R. Pufnstuf, but it is also one of the best films of the year so far, kid's movie or not. Then there is Mr. Peabody & Sherman, a big animated film inspired by a time travelling segment from the TV show Rocky and His Friends. It's the only kid's movie with an Oedipal joke and the kind of children's movie that I think parents and kids will enjoy, but probably for completely different reasons.

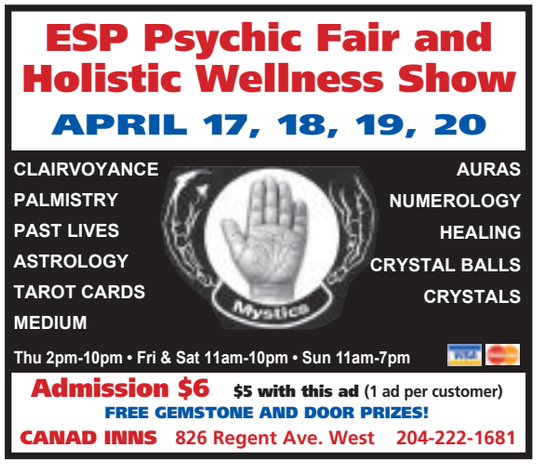
Mark: Richard, so far The Lego Movie is the most exciting movie of the year, family or otherwise, but it should be noted that it, too, has a strong Oedipal theme in it. As a father of a three-year-old, I'm never quite sure what family entertainment means; what's appropriate for my little boy is different than what might entertain an eight-year-old. Pretty much anything animated works for all ages, but then it gets complicated. And gender plays a role in choosing the right flick, too. Young girls love The Wizard of Oz, but young boys, not so much. But you never know. My little one loves Frozen, just out on DVD, even though it might seem "girly" to some.

RC: People love Frozen. I'm not one of them, but there is no arguing with the success of that movie. I'm more on side with Despicable Me II, which I thought was great fun despite its predictable plot. The story of chrome-domed former bad guy Gru's (Steve Carell) working with the Anti-Villain League could have written itself, but the inventive gags contained within are the reason the whole family will enjoy the movie. There are lots of fun characters, but it's really all about the Minions — Gru's yellow, jelly-bean-shaped helpers — who spice things up with their own special kind of anarchy. Speaking in gibberish, they're fun and more than worth the rental.

MB: Despicable Me II is a treat but my little guy deemed it "too scawy". But I look forward to a family viewing of E.T. — the greatest family movie ever. Young or old, boys or girls, who doesn't love the tale of that lovable little alien? Also on my eventual DVD queue would be Gremlins and even Home Alone. Kids love movies with kid heroes.

RC: Speaking of kid heroes, the adaptation of the classic Maurice Sendak children's book Where the Wild Things Are isn't a movie for kids as much as it is a movie about being a kid. Max is the hero, a lonely kid who goes to where the wild things are. It's a slow moving, simple film about deep feelings. It's not a slick, brightly coloured kid's film with a connect-the-dots plot and an easily digested moral, but it is a magical movie.

MB: I never got the appeal of the movie or the book, but maybe I've been missing something. But here's an idea: Sit down with the family and watch A Hard Day's Night. Everyone loves The Beatles, and this is the pop group in full cheeky-cute mode. Their rock songs from 1964 sound a lot like kids music today, with their melodic hooks and innocent lyrics.



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When games turn into nightmares

Stress Position.
Canadian filmmaker's genre-bending piece is a psychological trip

CHRIS ALEXANDER
scene@metronews.ca

Make no mistake, writer/director/actor A.J. Bond's Stress Position is a genre film like no other, especially considering it doesn't quite fit comfortably into any genre at all. The dark as moonless night mock-doc Canadian feature tells the tale of two friends (played by David Amito and Bond himself) who inexplicably decide to launch a grim quest to batter the other into a state of submission using non-violent torture. What starts as a game, rapidly dissolves into the stuff nightmares are made of.

"I'd been doing research into Stasi interrogation techniques for a while as a general point of interest," notes Bond.

"I even explored the idea of doing a found-footage style period film designed to look like Soviet interrogation videos. I ultimately wanted to find a way to explore different psychological torture techniques from different eras in one project, including the so-called 'Enhanced Interrogation Techniques' of the U.S. military post-9/11. From there, I wrote a loose outline of how the film might work, and Stress Position was born."

Stress Position more than lives up to its name, causing unbearable anxiety in the viewer by blending Ludivico-esque torment while blurring lines between fiction and truth to a disorienting effect. And underneath all the hideous and often blackly funny shenanigans lurks a potent parable about the vulgar ways in which people treat the people ostensibly closest to their hearts.

Quoted

"When you get really close to someone, you expose your vulnerabilities and secrets."
Stress Position filmmaker A.J. Bond

"When you get really close to someone, you expose your vulnerabilities and secrets, giving that person great power over you," says the multi-hyphenate filmmaker.

"There's incredible responsibility to being involved in any close relationship, and sometimes it's hard not to get corrupted into using that sensitive material to your advantage, to manipulate them with it. We all think we understand our friends' psychology so well, but there's a kind of violence that we do by subtly profiling each other. We build up a set of expectations and assumptions about our friends that can actually hold them back or hurt them. No one can make us feel as great as a close friend, but also no one else can cut us down to size so quickly and efficiently."

And though Stress Position is not a horror film by definition, it is a film of many horrors and no matter your take on its subject, Bond should be lauded for breaking and defying conventions.

"I'm a genre fan, certainly," he insists.

"But I think some of the most interesting filmmakers are cleverly combining different genres' techniques to create new and unexpected hybrids. The big films that were on my mind as I approached filming included A Clockwork Orange, Persona, Requiem for a Dream and Funny Games, all difficult films to categorize to some extent, and each with degrees of horror and cult appeal. I think genre labels are useful when you want to toy with the structure of them, but sometimes it's exciting to freewheel in uncharted territory."

Stress Position is about two friends who decide to batter each other into submission using non-violent torture.
CONTRIBUTED

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.
Ratings: *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:* +

Sci-Fi Thriller

Transcendence

Director. Wally Pfister

Stars. Johnny Depp

Dr. Will Caster (Johnny Depp) is the foremost researcher in the field of Artificial Intelligence, working to create a sentient machine that combines the collective intelligence of everything ever known with the full range of human emotions. His highly controversial experiments have made him famous, but they have also made him the prime target of anti-technology extremists who will do whatever it takes to stop him.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** + 98%

Documentary

Bears

Director. Keith Scholey, Alastair Fothergill

Stars. John C. Reilly

In an epic story of breathtaking scale, Disneynature's new True Life Adventure Bears showcases a year in the life of a bear family as two impressionable young cubs are taught life's most important lessons. Set against a majestic Alaskan backdrop teeming with life, their journey begins as winter comes to an end and the bears emerge from hibernation to face the bitter cold.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** + 89%

Comedy

The Trailer Park Boys: Don't Legalize It

Director. Mike Clattenburg

Stars. John Paul Tremblay, Mike Smith, Robb Wells

The Trailer Park Boys are back. But these are tough times for Ricky, Julian, and Bubbles, and for everyone in Sunnyvale Trailer Park.

Rotten Tomatoes™ score
Critics: No reviews yet **Audience:** + 88%

Transcending the role of Nolan's cinematographer

Directorial debut. Wally Pfister was Christopher Nolan's right-hand man for a decade. Now he has his own Johnny Depp driven film

Wally Pfister and Johnny Depp team up to bring us Transcendence this weekend. CONTRIBUTED

For more than a decade, cinematographer Wally Pfister brought director Christopher Nolan's cinematic visions to life. Now, he's the one calling the shots.

His directorial debut, the new sci-fi mystery Transcendence, has many elements of a Nolan blockbuster: eye-popping visual effects, a mind-bending story and an A-list lead in Johnny Depp. All of those things translate into high expectations for Pfister, who jokingly likens his newly christened director's seat to an "electric chair."

In the film releasing Friday, the mind of Depp's terminally ill scientist, Will Caster, is uploaded into a computer after his death, spawning an eerily unruly machine. At the heart of the story is the disrupted relationship of Will and his wife, Evelyn, played by Rebecca Hall.

Transcendence, which was executive-produced by Nolan and written by first-time screenwriter Jack Paglen, hooked Pfister because of the emotional weight put on the study of husband and wife and the increasing reliance on technology. "We start to wonder where it's all going to go," he says.

"We are dependent on technology. It's got us," affirmed Depp in a recent joint interview to promote the film.

Depp, 50, first met Pfister, 52, when they worked on Paul McCartney's 2012 video for his romantic ballad My Valentine, in which Depp and Natalie Portman starred and Pfister was the director of photography.

"I was immediately intrigued and curious from (the) initial reading," says Depp of Transcendence.

"So many things come into my mind as far as the dangers of technology. Say I'm suddenly holding a gun," Depp illustrates, lifting his left hand as his formidable engagement ring with Amber Heard sparkles. "The gun is not inherently bad. It's a tool. It's what we do with it. I think it's the same with technology."

For his first directing gig, Pfister, who's worked on everything from Memento to The Dark Knight Rises, was swayed from doing a big action film.

"I'd done a lot as a cinematographer," he says. "What was important was telling some sort of character-driven story. Exploring human emotion. That is the logical reason to jump from visual storytelling to narrative."

Quoted

"What was important was telling some sort of character-driven story."

Wally Pfister on selecting his first project to direct

Nolan will also release a thought-provoking sci-fi film this year: the time-travel focused Interstellar, out in November. But Pfister assures he's not in competition with his long-time collaborator. "Chris is an old friend," he says. "He has been incredibly supportive of my move into this."

The two filmmakers even shared crew members, including folks in the makeup, special effects, equipment, casting and editorial departments. But while Transcendence was shooting, Nolan remained hands-off.

"Chris never came to the set," says camera operator Scott Sakamoto, who worked on both movies. "I think Chris let Wally take the reins and go with it to see how well he would do."

Although Transcendence marks the start of a new phase in Pfister's career, he tackled the job with the ease of a veteran.

"He's (an) experienced filmmaker," says Depp. "But there are times when you look at a situation with a first-time director and you don't know. But never was there a stumble."

THE ASSOCIATED PRESS

The Railway Man.

Japanese actor tackles dark spot in nation's history

The Railway Man opens next Friday. CONTRIBUTED

Japanese-born actor Hiroyuki Sanada comes off last year's success of The Wolverine with a film taking a look at Japanese history. The film — which debuted at the Toronto International Film Festival last fall — is The Railway Man, about a former British POW (Colin Firth) who confronts one of his former captors (Sanada). It's a moment in Japanese history Sanada is not very proud of, but still an important one to examine, he insists. And this Christmas, he goes full samurai in Keanu Reeves' long-awaited 47 Ronin.

The Railway Man takes on a contentious piece of history.
It's a true story based on the book from Eric Lomax. I didn't know those kinds of things happened because, especially in Japan, there's no education about that. Teachers never talk to students, even parents don't, and I thought that is a problem. I thought we must make this film now to tell the story for the next generation, to help make a more peaceful world and make sure something like this never happens again. And also for me it was important this role be played by a Japanese-born actor. It's a kind of mission, I felt.

Why do you think it isn't taught in Japan as much?
Because it's a story from during the war and a lot of bad things happened in the POW camps. That kind of thing, the people don't want to know. They don't want the world to know the story. But with a movie like this, it's a chance for reconciliation, to say sorry and ask for forgiveness. Look back into your history and if you're wrong, say sorry and go the next steps together to create a better future. It's a small world.

How was working with Colin Firth?
It was a great experience. It was almost like just the two of us in a small room, just talking and talking. It was like we were on stage in a play. We created good chemistry from the beginning, but I'm not sure how. Maybe because he chose this role and I chose this role, we really had the same goal. Of course, he's a great actor.

NED EHRBAR/MWN

THESE PAGES COVER MOVIE START TIMES FROM FRI., APR. 18 TO THURS., APR. 24. TIMES ARE SUBJECT TO CHANGE.

Cinema City McGillivray 2190 McGillivray Blvd.

Captain America: The Winter Soldier (PG) Fri-Sun 1-4 Mon 5:15 Tue 4 Wed-Thu 5:15
Captain America: The Winter Soldier 3D (PG) Fri-Sun 3:30-6:30-9:40 Mon 8:15 Tue 6:30-9:30 Wed-Thu 8:15 Fri-Sun 7:10-10:20 Mon 8:50 Tue 7:10-10:20 Wed-Thu 8:50
Divergent (PG) Fri-Sun 3:55-9:55 Mon 5:50 Tue 3:55-9:55 Wed-Thu 5:50
Draft Day (PG) Fri-Sat 1:15-7:05 Sun 7:05 Mon 8:55 Tue 7:05 Wed-Thu 8:55
The Grand Budapest Hotel (14A) Fri-Sun 2:30-5-7:50-10:15 Mon 5:30-8:15 Tue 5-7:50-10:15 Wed 4:45 Thu 5:30-8:15
It Happened One Night (STC) Sun 12:55 Wed 7
Noah (PG) Fri-Sun 1:05-4:05-7-10 Mon 5:25-8:20 Tue 4:05-7-10 Wed 5:25 Thu 5:25-8:20
Oculus (14A) Fri-Sun 2:45-5:15-8-10:35 Mon 6:15-9:10 Tue 5:15-8-10:30 Wed 4:50-9:10 Thu 6:15-9:10
Rio 2 (G) Fri-Sun 1:45
Rio 2 3D (G) Fri-Sun 4:20-6:55-9:25 Mon 5-7:30 Tue 4:20-6:55-9:25 Wed-Thu 5-7:30
Trailer Park Boys: Don't Legalize It (14A) Fri-Sun 2:15-4:50-7:20-9:50 Mon 6-9 Tue 4:50-7:20-9:50 Wed-Thu 6-9 Fri-Sun 4:30-8-10:40 Mon 7 Tue 8-10:25 Wed-Thu 7
Transcendence (PG) Fri-Sun 1:30-4:30-7:30-10:25 Mon 5:40-8:30 Tue 4:30-7:30-10:25 Wed-Thu 5:40-8:30 Fri-Sun 4-7:15-10:10 Mon 7:40-9:20 Tue 7:15-10 Wed-Thu 7:40-9:20

Cinema City Northgate 1399 McPhillips Street

12 Years a Slave (14A) Fri-Sun 12:55-4-7-9:50 Mon-Thu 5:30-8:20
2 States (STC) Fri-Sun 12:30-3:40-6:50-9:55 Mon-Thu 5:20-8:25
3 Days to Kill (14A) Fri-Sun 1-4:10-7:25-10:05 Mon-Thu 5:40-8:10
Disco Singh (PG) Fri-Sun 12:45-3:50-6:55-9:45 Mon-Thu 5:25-8:15
Frozen 3D (G) Fri-Sun 1:30-4:40-7:15-9:40 Mon-Thu 5:35-8
The Monuments Men (PG) Fri-Sun 1:10-4:20-7:30-10:10 Mon-Thu 5:50-8:35
The Nut Job (STC) Fri-Sun 12:35
The Nut Job 3D (STC) Fri-Sun 2:50-5-7:10-9:30 Mon-Thu 5:45-7:50
RoboCop (PG) Fri-Sun 1:20-4:30-7:40-10:15 Mon-Thu 5:55-8:40

Cinematheque 304-100 Arthur

7 Boxes (STC) Fri-Sat 9 Thu 9:30
Finding Vivian Maier (STC) Fri-Sat 7 Wed 7
No Films Showing Today (STC) Sun-Tue

Famous Players Kildonan Place, 1555 Regent Ave W,

Captain America: The Winter Soldier 3D (PG) Fri-Sun 12:20-3:30-7-10:15 Mon-Thu 5:30-8:45
Divergent (PG) Fri-Sun 12:40-3:45-6:50 Mon-Thu 5:20
Noah (PG) Fri-Sun 12-3:15-6:45-9:55 Mon-Thu 5:20-8:30
The Raid 2: Berandal (18A) Fri-Sun 10 Mon-Thu 8:30
Rio 2 (G) Fri-Sun 11:45
Rio 2 3D (G) Fri-Sun 2:15-4:50-7:30-10:10 Mon-Thu 5:50-8:20
Trailer Park Boys: Don't Legalize It (14A) Fri-Sun 1:10-4:30-7:30-10:10 Mon-Thu 6-8:45
Transcendence (PG) Fri-Sun 1-4:15-7:15-10:15 Mon-Thu 5:40-8:40

Grant Park 8 Cinemas 1120 Grant Ave.

Captain America: The Winter Soldier (PG) Fri-Thu 3:30
Captain America: The Winter Soldier 3D (PG) Fri-Sun 12:30-6:40-9:50 Mon-Thu 6:40-9:50
Divergent (PG) Fri-Thu 9:45
Draft Day (PG) Fri-Sun 1:05-4:15-7:05-10:05 Mon-Thu 4:05-7:15-10:05
God's Not Dead (PG) Fri-Sun 12:40-1:15-3:40-4:05-6:20-7 Mon-Thu 3:40-4:05-6:20-7
The Grand Budapest Hotel (14A) Fri-Sun 12:20-1-3:35-4-6:30-7:15-9-10 Mon-Thu 3:35-4-6:30-7:15-9-10
Noah (PG) Fri-Thu 9:35
Rio 2 (G) Fri-Thu 3:55
Rio 2 3D (G) Fri-Sun 12:55-6:45-9:30 Mon-Thu 6:45-9:30
Transcendence (PG) Fri-Sun 12:50-3:50-6:50-9:40 Mon-Thu 3:50-6:50-9:40

Landmark Globe Cinema 393 Portage Ave.

Dom Hemingway (STC) Dolby Digital Fri-Sun 1:15-3:30-7:15-9:20 Dolby Digital Mon-Tue 3:30-7:15-9:20 Dolby Digital Wed-Thu 7:15-9:20
The Raid 2: Berandal (18A) Sub-Titled Fri-Sun 1-4-9:30 Sub-Titled Mon-Tue 4-7:30 Sub-Titled Wed-Thu 7:30
Le Week-end (14A) Fri-Sun 12:30-2:40-4:50-7-9:10 Mon-Tue 3:45-7-9:10 Wed-Thu 7-9:10

Landmark Towne Cinema 8 301 Notre Dame Avenue

Captain America: The Winter Soldier (PG) Fri-Sun 3:40
Captain America: The Winter Soldier 3D (PG) Fri-Sun 12:50-6:50-9:40 Mon-Thu 6:50-9:40
Divergent (PG) Fri-Wed 6:40-9:35 Thu 6:40
Draft Day (PG) Fri-Sun 12:45-3:25-7:05-9:35 Mon-Thu 7:05-9:35
Mr. Peabody & Sherman (G) Fri-Sun 10:20-1:05-3:15
Muppets Most Wanted (G) Fri-Sun 10:30-1-3:30
Noah (PG) Fri-Sat 6:35-9:30 Sun-Thu 7:10
Oculus (14A) Fri-Sun 12:55-3:45-7:15-9:45 Mon-Thu 7:15-9:45
The Other Woman (14A) Thu 9:35
Rio 2 (G) Fri-Sun 10-3:10
Rio 2 3D (G) Fri-Sun 12:30-6:55-9:20 Mon-Thu 6:55-9:20
Trailer Park Boys: Don't Legalize It (14A) Fri-Sun 1:10-3:35-7-9:30 Mon-Thu 7-9:30
Transcendence (PG) Fri-Sun 12:40-3:20-6:45-9:25 Mon-Thu 6:45-9:25

SilverCity Polo Park 815 St. James Street

300: Rise of an Empire 3D (18A) Fri-Sun 7:30-10:05 Mon 10:30 Tue 7:30-10:05 Wed-Thu 10:20
Bears (G) Fri-Mon 12-2:05-4:10-6:15-8:20-10:25 Tue-Thu 2:05-4:10-6:15-8:20-10:25
Captain America: The Winter Soldier (PG) Fri-Mon 12:40-3:50-7-10:10 Tue 2:25-6:50-9:55 Wed 3:55-6:50-9:55 Thu 2:25-6:50-9:55 Star & Strollers Screening Wed 1:30
Captain America: The Winter Soldier 3D (PG) Fri-Sun 1:20-4:30-7:40-10:50 Mon 1:20-4:30-7:40-10:40 Tue-Thu 1:25-4:25-7:30-10:30
Divergent (PG) Fri-Sun 12:55-4:05-7:15-10:25 Mon 12:55-4:05-7:15-10:05 Tue 12:55-4:05-7:15-10:25 Wed 12:55-4:05-7:15-9:25 Thu 12:55-4:05-7:15-10:10
Draft Day (PG) Fri-Sun 12:05-2:40-5:20-8-10:40 Mon 12:05-2:40-5:20-8-10:35 Tue-Wed 1:50-4:25-7:10-9:50 Thu 1:25-4:05-9:50
The Grand Budapest Hotel (14A) Fri-Mon 12:20-2:55-5:30-8-10:30 Tue 1:20-4:10-6:45-9:20 Wed 1:20-4:10-9:45 Thu 1:25-4:15-7
Heaven Is for Real (G) Fri-Mon 12:20-2:50-5:20-7:50-10:20 Tue 2-4:30-7-9:35 Wed 4:25-7-9:35 Thu 2-4:30-7-9:35 Star & Strollers Screening, Wed 1:30
Hop (G) Sat 11
It Happened One Night (STC) Sun 12:55 Wed 7
The LEGO Movie (G) Fri-Sat 12-2:30-5 Sun 2:30-5 Mon 12-2:30-5 Tue 2:30-5 Wed 1:55-4:30 Thu 2:30-5
Need for Speed 3D (PG) Fri-Mon 9:25 Tue 9:40 Wed 10:20 Thu 9:40
Noah (PG) Fri-Sun 1-4:10-7:25-10:35 Mon 1-4:10-7:25-10:30 Tue 1-4-7:25-10:30 Wed 1-4-7:15-10:20 Thu 1-4-7:25-10:30
Oculus (14A) Fri-Sun 12:25-3-5:35-8:10-10:45 Mon 12:25-3-5:35-8:10-10:35 Tue-Thu 2:30-5-7:55-10:30
The Other Woman (14A) Thu 9:30
The Princess Bride (STC) Mon 7:30 Thu 7:30
Rio 2 (G) Fri 1:30-4:15-6:50 Sat 10:50-1:30-4:15-6:50 Sun 12-4:15-6:50 Mon 1:30-4:15-6:50 Tue-Thu 1:30-4:15-7:05
Rio 2 3D (G) Fri-Mon 11:55-2:30-5:05-7:40-10:15 Tue-Thu 2:30-5:05-7:40-10:15
Trailer Park Boys: Don't Legalize It (14A) Fri 1-3:25-5:50-8:15-10:45 Sat 10:50-1-3:25-5:50-8:15-10:45 Sun 1-3:25-5:50-8:15-10:45 Mon 1-3:25-5:50-8:15-10:35 Tue-Thu 2:20-5:10-7:50-10:20
Transcendence: The IMAX Experience (PG) Fri 2-4:50-7:45-10:35 Sat 11:10-2-4:50-7:45-10:35 Sun-Mon 2-4:50-7:45-10:35 Tue-Thu 2-4:50-7:45-10:25

SilverCity St. Vital 110-1225 St Mary's Rd.

Bears (G) Fri-Sat 12-2:05-4:10-6:15-8:20-10:25 Sun 12:20-2:05-4:10-6:15-8:20-10:25 Mon 12-2:05-4:10-6:15-8:20-10:20 Tue-Thu 2:05-4:10-6:15-8:20-10:20
Captain America: The Winter Soldier (PG) Fri-Mon 3:50-7-10:05 Tue-Thu 4-7-10:05
Captain America: The Winter Soldier 3D (PG) Fri-Sun 1:10-4:20-7:30-10:35 Mon 1:10-4:20-7:30-10:30 Tue-Thu 1:30-4:30-7:30-10:30
Divergent (PG) Fri-Mon 12:45-3:55-7:10-10:15 Tue-Thu 3:55-7:10-10:15 Tue 1:45 Wed 1:25 Star & Strollers Screening Thu 1:30
Draft Day (PG) Fri-Sat 12:05-2:40-5:15-8-10:40 Sun 12:20-2:45-5:15-8-10:40 Mon 12:05-2:40-5:15-7:55-10:30 Tue 1:50-4:35-7:15-9:55 Wed 1:50-4:35-9:55 Thu 1:50-4:35-7:15-9:55
Heaven Is for Real (G) Fri-Mon 12:20-2:50-5:20-7:50-10:20 Tue-Wed 2:35-5:10-7:45-10:10 Thu 5:10-7:45-10:10 Star & Strollers Screening, Thu 1:30
Hop (G) Sat 11
In the Blood (STC) Thu 7:30
Mr. Peabody & Sherman (G) Fri 1:20 Sat 11:30-1:20 Sun-Mon 1:20 Tue-Thu 1:35
Muppets Most Wanted (G) Fri-Mon 12:30 Tue-Thu 1:25
Noah (PG) Fri-Mon 3:40-6:50-9:55 Tue-Wed 3:50-6:55-10 Thu 3:50-10
Rio 2 (G) Fri-Sat 11:50 Sun 12 Mon 11:50 Tue-Thu 2:20
Rio 2 3D (G) Fri-Mon 2:20-4:45-7:20-10 Tue-Thu 4:45-7:20-9:50
Trailer Park Boys: Don't Legalize It (14A) Fri-Sat 1-3:20-5:45-8:10-10:45 Sun 3:20-5:45-8:10-10:45 Mon 1-3:20-5:45-8:05-10:30 Tue 1:40-5-7:50-10:20 Wed 1:40-4:30-7:15-10:20 Thu 1:40-5-7:50-10:20
Transcendence (PG) Fri-Sun 2-4:50-7:40-10:30 Mon-Thu 2-4:50-7:40-10:25

Jimmy Rankin of The Rankin Family fame plays the West End Cultural Centre on Saturday. COURTESY MARK MARYANOVICH

Travels between Cape Breton and Nashville lead Rankin to Paradise

'Tinges of country.'
Maritime musician turns up Music City sound on his sixth solo album

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Nashville has definitely rubbed off on Jimmy Rankin.

He's a Cape Breton boy, but for the last four years Rankin has split time between the Maritimes and Music City. Released on April 1, Rankin's sixth solo album, Back Road Paradise, is a pop-country record through and through.

"I've been dabbling in country music my entire career, back to the days in Cape Breton where I grew up with my siblings," says Rankin, of course referring to The Rankin Family.

Quoted

"I've been dabbling in country music my entire career, back to the days in Cape Breton where I grew up with my siblings."

Jimmy Rankin on the sound of his new album, Back Road Paradise

"If you look back to the earliest Rankin Family records, there are country songs and tinges of country. My previous record Forget About The World (2011), I dabbled with traditional country instruments and when it came to this record, I thought I'd jump in head-first and make a full-fledged pop-country record. I was also very conscious about making a single that I could deliver to radio."

Cool Car, the first single from Back Road Paradise, is as sleek as the Porsche 911 Rankin rips around in for the song's video.

"I think it's more polished than anything I've ever done," says Rankin about the song. "It's not by any means too slick. I like to keep a bit of raw in what I do and if you've ever seen my show you'll see that I like to deliver a raw performance, but this is probably the most produced record I've ever done.

"Still, I was very conscious not to deliver a generic country record, and I don't think it is by any means."

To help him channel his pop-country side, Rankin co-wrote songs with the likes Gordie Sampson, Patricia Conroy and members of The Moffatts.

Back Road Paradise also features guest appearances by Grammy Award winner Alison Krauss (Flames) and Blue Rodeo's Jim Cuddy (Never Gonna Leave).

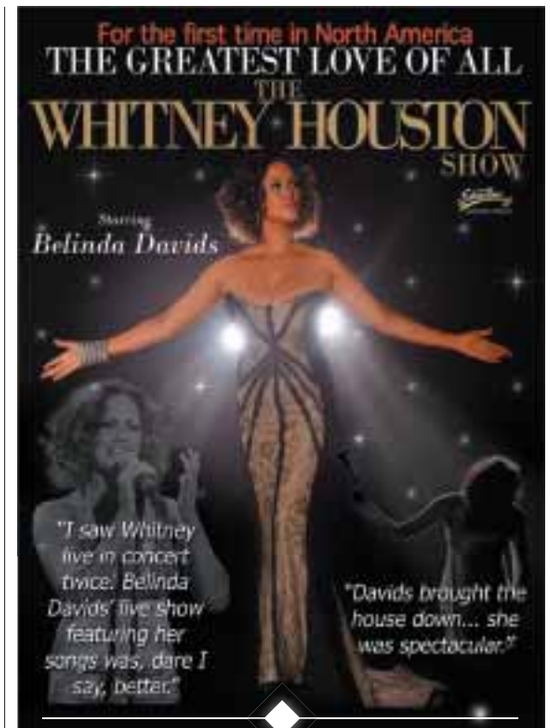
"It's (Never Gonna Leave) very much an Everly Brothers sounding song. I thought Jim would be perfect for that song. It's right up his alley and of course he nailed it," Rankin said.

"I had Greg (Keelor, Blue Rodeo member) sing on a song called Follow Her Around (2001), so now I have both Cuddy and Keelor on my records."

See the show

Jimmy Rankin plays at the West End Cultural Centre on Saturday.

- Tickets are $20 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster or $25 at the door.
- Showtime is 8 p.m.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3 songs for the weekend

Sound Check

ALAN CROSS

A British trip-hop sensation, a tune inspired by an "orgy" of influences, and a metal take on a Wham hit.

Hey Now/ London Grammar

Trip-hop (remember that?) from Nottingham that has caused a sensation in the U.K. and is now trying to cross the Atlantic. This was one of six singles peeled from their British release.

God I Hate Clubs/ SIIINES

This outfit describe themselves as: "If Motley Crue, David Guetta, Nirvana and Deadmau5 had an orgy." I get where they're coming from with this song.

Careless Whisper/ Addicts of Affliction

The recording wherein a Montreal band tackles Wham's monster hit in a metal style. If you need more, they also do Chris de Burgh's Lady in Red.

See that symbol? It means you can scan this image with your Metro News app to listen to Alan's recommended songs.

Mind the App

Distraction generator

MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

5by
iPhone/iPad/Android
Free

An entertaining mix of online videos that's sorted to match your mood, taste, and time of day, 5by's endless selection of distractions will help you unwind and chase away boredom.

Video game review

Name. Family Guy: The Quest for Stuff

For. iPhone/iPad/Android

Rated. Mature 17+

Taking the formula used by The Simpsons game and directing it toward an adult audience, The Quest for Stuff has you recreating Quahog through simple, tap-directed tasks. Each task has a time delay you'll have to pay to dismiss, so this free game is actually quite expensive. The payoff is in seeing characters recreate crude moments from the show in full animation and audio. Quagmire gets his bird stuck in a bottle while Bonnie twerks a stripper pole. Nothing is off-limits, so watch your kids and your money.

KRIS ABEL

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry ALL PHOTOS GETTY IMAGES

Not royal material? Harry's friends don't see Cressida being a happy princess

There's been ample speculation that the next royal wedding will be between Prince Harry and girlfriend Cressida Bonas, but some of his friends don't think that's such a hot idea, according to E! News. "There is a growing feeling among a small section of them that Cressida isn't the perfect choice for him," a source says. "I don't think it's because there is anything wrong with their relationship or they don't like her, but there is concern that she is too much of a free spirit to be happy in the royal family long-term. They worry that she wouldn't be able to fully adapt to that lifestyle. They think she's too carefree and would find it difficult to live by the protocol that comes with the job, which of course it is. It might be too much of a constraint for her. And that could cause problems for everyone."

That '70s baby: Mila and Ashton expecting a girl and couldn't be happier

It looks like it's going to be a girl for Mila Kunis and Ashton Kutcher, according to Us Weekly. Several sources confirm in the magazine that the pregnant Kunis is expecting a daughter. It will be the first child for the soon-to-be-married couple, though Kutcher was previously stepfather to Demi Moore's three daughters. "Mila absolutely loves being pregnant," one source says, while another adds that the equally ecstatic Kutcher "is doting on Mila." No word yet on a due date or a wedding date.

The Word

Looks like someone skipped their love vaccine

MELINDA TAUB
Metro World News

If Donnie Wahlberg wants to get vaccinated against anything, he should do it soon: He and Jenny McCarthy are engaged.

McCarthy got choked up Wednesday morning on The View as she announced her engagement to 44-year-old actor Wahlberg, and her cohost Barbara Walters offered her apartment as a wedding venue. McCarthy and Wahlberg have been a couple since July 2013. They met on the set of McCarthy's now-defunct talk show.

McCarthy had hinted to her Twitter followers earlier in the day that she had some big news in the pipeline.

This will be the second marriage for both bride and groom. McCarthy was married to John Mallory Asher from 1999 to 2005. They have an 11-year-old son, Evan. She also dated actor Jim Carrey from 2005 to 2010. Wahlberg was married to Kim Fey from 1999 to 2008. They have two sons, Xavier and Elijah.

No word on where the bride and groom are registered, but I'm planning to send them an elegant bouquet of vaccines.

Elizabeth Olsen

Avengers: Age of Secrecy? Olsen 'terrified' to spill any info about movie

Elizabeth Olsen admits she was more than a little intimidated about joining the returning superheroes of next year's Avengers: Age of Ultron, but being the new kid on a super-team isn't nearly as daunting as maintaining the level of secrecy a Marvel film requires. "Any time they give us a call sheet or any time there's a new draft, they have to shred our old papers. I don't think I'm allowed to say anything. And I'm too terrified," she tells Flaunt magazine. "I really just feel like I'm doing something that's top secret and somehow has a lot more importance than anything else I've been around, so that alone is hilarious. I want to take a photo and send to my friends — not that I want to tweet or Instagram it, just for personal reasons — and I feel like I'm going to get in trouble if I take a photo on set."

Twitter

@aaroncarter
The Forrest Gump soundtrack is the epitome of my life.

@kirstiealley
It's hard to be funny these days...many take things literally ... and social media trolls think they are literate.

@iamwandasykes
My in-laws are staying with us. Fondue for dinner...I feel like I just ate four grilled cheese sandwiches.

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SHOPPERS DRUG MART

LIFE 3

A runway that's run their way

The Anti-Agency is the modelling agency that won't get in line and conform.
The founders explain why their company favours an attitude and a backstory over a conventional cut 'n' paste face

Mimi Wade / ANTI-AGENCY

Amy Blakemore / ANTI-AGENCY

Chris Tanner / ANTI-AGENCY

"I have no problem with models getting their tits out but I do have a problem when there's an extreme disparity between how men and women are presented," asserts Anti-Agency model Amy Blakemore. The shaven-headed, award-winning poet adds, "Implied submissive is the only thing that I would refuse to do for a client — it's a feminist principle thing." She chuckles.

It's not an opinion that's often vocalized amongst the fashion industry, let alone its silent model subjects. "We don't hire people who want to be models," says Anti-Agency co-founder Pandora Lennard. Lennard and her business partner Lucy Greene, who are officially launching the London-based agency this month, put no pressure on any of their ineffably beautiful, tattooed and pierced model misfits to conform to any industry standard statistics. They're in control of their appearance from body hair to BMI, as well as the jobs that they take on.

The fashion world has never truly been a great advocate of free speech or choice amongst its models. So are the 24-year-old founders not concerned that outspoken individuals could potentially be bad for business? "Brands like someone who authentically represents their identity," argues Greene. "They know they're not going to get some quiet model; they're bolshie but well-behaved."

It's an attitude that fits well with clients such as Dr. Martens, Vivienne Westwood and ASOS. "If you're being booked through the Anti-Agency, both the model and the brand know what to expect," says musician, model and barman Chris Tanner. Makeup artist and model Portia Williams agrees, "They take you on for who you are and not just the way you look."

The fashion stylists' counter-intuitive business model suits a generation of 20-somethings who can't be defined by a single job title — it's the rise of the model / DJ / any other artsy career.

"Our models are aspirational and people want to get to know them beyond just an image," says Lennard. They're part of a new wave of 'personality girls' like "[rainbow-haired] Chloe Norgaard, Cara Delevingne and Kendall Jenner."

Indeed, social media self-promotion has the public tuning in to the private lives of models in a previously unprecedented way. "It's about them as individuals," says Greene. It's the reason in the celebrity sphere that we expect the impromptu Instagram image of Delevingne's tongue or Miley Cyrus' bum. The talent agents use social media themselves to scout for future faces. "You can see into their lives through Facebook and Instagram," explains Greene. "It's Facebook stalking. We've had 2 a.m. phone calls like, 'Have you seen this girl?'," admits Lennard.

And for the duo — who first saw the business as an opportunity to help out their cash-starved creative friends — it's time to take advantage of fashion's current craze for kookiness and expand their 50-strong roster to the global market. And who knows, the Anti-Agency's new model army might just make conventional beauty seem oh so last season.

METRO WORLD NEWS IN LONDON

The new model beauty: Portia Williams / ANTI-AGENCY

Earn your stripes

Regatta-style stripes aren't just for the cucumber sandwich set. It's the season to sport your club colours.

METRO WORLD NEWS

Sunspel
double red stripe boxer shorts, $45, sunspel.com

Topman
navy and white stripe T-shirt, $24, topman.com

Ami
striped trousers, $300, mrporter.com

Ami
striped suit, $665, mrporter.com

Saint James Minquiers
striped top, $65, stuartslondon.com

Show your colours / BEN HOSKINS/GETTY IMAGES

Oar-some style

Join the rowers — oars and all — in a Henley shirt. It's the collarless cut that'll keep you on stroke with classic regatta style. At least you'll look the part even if your body's not boat-ready.

- **H&M Henley shirt,** $10, hm.com

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STEAL THE SHOW

WITH FANTASTIC WHITE TEETH

SHUTTERSTOCK

If you have ever watched makeover shows on TV, you know that no matter what the experts do to hair, makeup and wardrobe, when the big reveal occurs and the guest steps out onto the stage, the person's teeth are always straighter, polished, and noticeably whiter.

Everyone steps into the limelight regularly in some way and having a beautiful whiter smile will steal the show every time.

Whitening teeth is one of the easiest and most impactful cosmetic changes you can make today, and it's no longer just a Hollywood thing. In fact, research has shown that most people would prefer to have whiter teeth. And they can. Whitening teeth is both affordable and easy to do for everyone.

So why do pearly whites dull down and lose some of their bright, white lustre?

With some people, it's genetics. They are born with teeth that are just more yellow than white.

Other people notice that, over time, their teeth discolour, which can happen as a natural part of aging.

Certain lifestyle habits accelerate discolouring. Smoking is very hard on teeth (and your body) and leaves yellowish nicotine stains.

Drinking dark liquids can affect the shade of teeth, too — think coffee, tea, and red wine — and even pigmented foods such as cherries, blueberries and beets can leave stains. Some experts suggest putting milk or cream into coffee and tea so they aren't so dark. But you have to be realistic, too. If you enjoy these drinks and foods, just be sure to brush your teeth after ingesting them.

Certain medications, as well as plaque and tartar, can affect the colour of your teeth, and that's why it's important to have your teeth cleaned regularly and to practise good dental hygiene.

Whitening your teeth will help remove stains and brighten your smile.

But whiter teeth can affect your psyche, too. Research has shown that the condition of your teeth and smile has a lot to do with the way you feel about yourself. While whitening teeth is a cosmetic improvement, the changes a person can experience as a result can be quite momentous.

To ensure these products are right for you, always read and follow the label.

People who have whitened their teeth say they no longer hide their smiles or cover their teeth when they are laughing or talking. They feel better about themselves overall and are more confident.

In effect, whitening your teeth is like wearing a new outfit or getting a fabulous new haircut. It simply makes you feel fantastic. That's a star quality that everyone deserves.

HEALTHY TEETH MAKE AN INSTANT IMPRESSION

Taking care of your teeth by practising good oral hygiene and whitening teeth sends all kinds of messages to the people you interact with everyday.

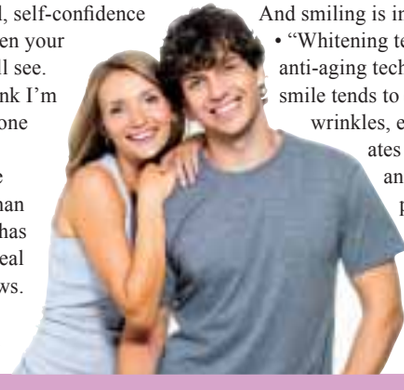
The messages are all good.

• "I feel good about myself." Teeth whitening helps improve your appearance and that makes you feel good. Of course, good, positive feelings are hard to hide.

• "Nothing can stop me now." When you feel good, self-confidence soars — whiten your teeth, you will see.

• "Do you think I'm sexy?" Someone who has nice looking white teeth rather than stained teeth has more sex appeal — and it shows.

• "Happiness is a huge part of me." When people have a bright smile they tend to smile more often. And smiling is infectious.



• "Whitening teeth is a great anti-aging technique." A whiter smile tends to overshadow facial wrinkles, etc., and that creates a more youthful and energetic appearance.

• "So nice to meet you." A smiling face is so much more friendly and approachable than one that is scowling.

• "Taking care of my body and mind is important to me." Whiter teeth are associated with beauty and a healthier lifestyle.

• "Oral hygiene is important to me, too." Whiter healthy teeth make an instant impression with people you know and meet. It's evident that you take care of your teeth — and yourself — and that's fantastic.

SHOW OFF YOUR PEARLY WHITES

Here are some top occasions where a beautiful white smile is on your side.

1 BIG PRESENTATIONS: People really do study you from head to toe when you are public speaking. Prepare by being the best you can be, including whiter teeth.

2 PHOTOGRAPHS: It's OK to want to look your best in photographs. These are lasting memories and whiter teeth make a difference.

3 MEETING NEW PEOPLE: You have mere seconds to make a first impression — a brilliant smile helps to make a good one.

4 GETTING MARRIED: Your wedding day should be perfect, right down to the radiant smile.

5 JOB INTERVIEW: Many people believe that during a job hunt an unattractive smile will hurt their chances for landing a job.

6 FIRST DATE: Most people believe an attractive smile makes a person more appealing as a partner.

7 CLASS REUNION: It's only been 20 years, but your teeth and smile are as bright and white as ever.

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A **WHITER** SMILE
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The words are odd; the result is delicious

What's that say? Here's a primer on a few new menu words

SHEL ZOLKEWICH
River City Kitchen
winnipeg@metronews.ca

There's that moment while skimming over the menu that the weird word makes you stop in your tracks. If you only knew if queso fendido tastes good, if you liked enokis or if donburi was the right choice for dinner tonight. Fear not. Herein begins your education into the vast world of culinary terms.

Bao
If you love the steamed barbeque pork buns at dim sum, you'll love this style of eat-with-your-hand treat. It goes by a variety a names and is served in many shapes, but all include a steamed, yeasty, soft bun-like shell that gets stuffed with a variety of fillings. At Modern Baohouse, the shape is taco-like. The fillings include pork belly, Peking duck, butter chicken and barbecue pork.

Where to find it: Modern Baohouse, 1790 St. Matthews Avenue

Florentine
It's a cookie but it's so much more. Made with butter, cream, sugar honey, candied fruit and nuts, these Austrian treats often come with a chocolate coating on one side. They are cookies for grown ups and easily serve as a classic dessert when presented on a pretty plate.

Where to find it: A L'epi de Ble, 1757 Main Street

Albondiga
Quite simply, this is the Spanish word for meatballs. With the influx of more tapas (small plate) menus appearing at restaurants, you might be seeing this word more and more. The albondigas are traditionally served on the spicy side with tomato sauce. The great things about tapas is that you can order albondigas along with three or four other plates and get plenty of variety in your meal.

Where to find it: Segovia Tapas Bar & Restaurant, 484 Stradbrook Avenue

Shel Zolkewich writes about food, travel and the outdoors when she's not eating, on the road or playing outside. Got a food story idea? shel@shelzolkewich.com

Florentines are cookies - for grown ups.
SHEL ZOLKEWICH/FOR METRO

Did you know
the UN has declared 2014 as the International Year of Family Farming?
Celebrate and connect with local farmers, like the Ehls's who are growing heart healthy canola!
Canola!
Manitoba Canola Growers

Dress your ham up in its Easter best

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Glazed Sweet Potato Ham. While Thanksgiving is the traditional meat-stuffing time of the year, it doesn't have to be the only one

Thanksgiving, we stuff turkeys. Easter we stuff ... Hams!

It's not as crazy as it sounds. And it's much easier than you think.

The result? A delicious and beautiful baked ham stuffed with layer upon layer of sweet potato slices.

The trick is to use a spiral-cut ham. All those slices are the perfect place to insert a bit of flavour and colour to your ham. Simply start at one slice, use your fingers to gently peel apart the layers, then insert thin slices of sweet potato.

And if sweet potatoes aren't your thing, the same approach would work with butternut squash or Yukon Gold potatoes. Just be certain to slice the vegetables as thinly as possible. A mandoline is your best bet.

1. Heat the oven to 350 F .

2. Using a mandoline, slice the two large sweet potatoes very thinly. Place the spiral-cut ham, cut side down, in a roasting pan.

3. Carefully separating the layers of the spiral-cut ham, insert slices of sweet potato into each layer. Repeat this until every layer of the spiral-cut ham has been filled.

4. In a small bowl, stir together the apricot preserves and the black pepper, then spread the mixture all over the surface of the spiral-cut ham, ensuring it is evenly covered.

5. Bake Glazed Sweet Potato Ham for about 2 to 3 hours, or until the ham is heated to 160 F at the centre and the potatoes are tender. Allow the finished ham to rest for 15 minutes before slicing.

THE ASSOCIATED PRESS

Ingredients

- 2 large sweet potatoes, peeled
- 7- to 9-pound spiral-cut ham
- 10-oz jar apricot preserves
- 1 tsp ground black pepper

Nutritional information

Per serving

- **400 calories; 200 calories from fat (50 per cent of total calories); 23 g fat (17 g saturated; 0 g trans fat); 110 mg cholesterol; 19 g carbohydrates; 1 g fibre; 110 g sugar; 31 g protein; 1860 mg sodium**

Balance sweet with tangy

The trouble with sweet-and-sour chicken is that the flavour is mostly sweet and weirdly acidic.

It never seems to deliver on the satisfying balance of gently sweet and teasingly sour.

A caramel-based sauce spiked with ginger, lime juice and fish sauce is the solution.

The result is deliciously sweet, but equally tangy and savoury. Be warned: These Sweet-and-Tangy Caramelized Chicken Thighs are not the gloopy red sweet-and-sour with pineapple and cherries you know from the takeout box. They're better!

1. In a large saucepan over medium heat, combine the sugar and water. Bring the mixture to a simmer and cook without stirring for about 10 minutes, or until the sugar has browned and thickened to caramel. Stir in the fish sauce, being careful of sputtering, then the low-sodium soy sauce, freshly grated ginger and lime juice. Return to a simmer.

2. Meanwhile, in a large sauté pan over medium, heat the canola or vegetable oil. Add the chicken thighs and cook, stirring often, for 20 minutes, or until cooked through.

3. When the chicken has cooked, use a slotted spoon or tongs to transfer the chicken (but none of the liquid in the pan) into the caramel sauce.

4. Toss to coat the chicken with the caramel sauce, then transfer it to a serving platter. Top with scallions and cilantro.

Ingredients

- 1/2 cup sugar
- 1/4 cup water
- 1/4 cup fish sauce
- 2 tbsp low-sodium soy sauce
- 1 tbsp grated fresh ginger
- Juice of 1/2 lime
- 1 tbsp canola or vegetable oil
- 3 pounds boneless, skinless chicken thighs, trimmed and cut into 1/2-inch strips
- Scallions, thinly sliced, to garnish
- Fresh cilantro, chopped, to garnish

THE ASSOCIATED PRESS

This recipe makes six servings. MATTHEW MEAD/ THE ASSOCIATED PRESS

For your phone

Dash Breakfast (iPad; free)

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Offering 30 spring recipes to start the day off right and six cheery Easter crafts, this animated magazine includes apple-peanut butter French toast, microwave coffee cup scrambles, and waffle sandwiches.

Side. Broccoli and Pine Nut Slaw

Easter side dishes deserve more respect, so here is a dish to liven up your offerings.

For a fresh take on salad, try a broccoli slaw seasoned with Dijon mustard, as well as the zests and juices of a lemon and an orange.

Chopped dried apricots add a sweet touch while toasted pine nuts offer a savoury crunch.

Ingredients

- Zest and juice of 1 orange
- Zest and juice of 1 lemon
- 1 tbsp white balsamic vinegar
- 1 tbsp Dijon mustard
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper
- 2 tbsp extra-virgin olive oil
- 2 heads broccoli, very finely chopped (about 6 cups)
- 1/4 cup finely chopped dried apricots
- 3 scallions, thinly sliced

This recipe serves eight.

1. In a medium bowl, mix together the zests and juices of the orange and lemon. Whisk in the vinegar, mustard, salt, pepper and olive oil. Add the broccoli, apricots and scallions and mix well. Transfer to a serving dish and sprinkle with the pine nuts.

THE ASSOCIATED PRESS

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A ladybug is a gardener's pest friend

Mini-predators. Protect your garden the natural way with a tiny army of insect-eating bugs

Gardeners worried about the safety of synthetic pest-control products sometimes turn to botanically derived compounds instead. But many of those also contain toxic ingredients such as nicotine, rotenone and pyrethrins.

"Botanically derived pesticides are not always safe and some are more hazardous than synthetics," said Linda Chalker-Scott, an extension horticulturist at Washington State University's Puyallup Research Center. "Any improperly used pesticide will contaminate nearby terrestrial and aquatic systems."

And don't use home remedies, she said, which could be "illegal and possibly fatal to many good things in your garden."

Instead, consider the benign-neglect school of pest-control — a mix of prevention (such as maintaining healthy soil) and natural controls (such as insect-eating insects).

"I don't add fertilizers. I don't use pesticides. I use a wood chip mulch, which provides habitat for beneficial insects like predacious ground beetles that may eat slugs and slug eggs," Chalker-Scott said in an email.

Ninety-nine per cent of the insects in our yards are benign or even beneficial, writes Jessica Walliser in her new Attracting Beneficial Bugs to Your Garden: A Natural Approach to Pest Control (Timber Press). She recommends introducing insects that eat other insects.

"A single ladybug — probably the most illustrious beneficial predatory insect — can consume up to 5,000 aphids during its lifetime," Walliser says, adding that there are thousands of other insect species capable of doing the same thing.

To keep these predatory insects around, however, you have to offer a diverse and pesticide-free garden with plenty of plant-based foods.

"Just like people, most species of beneficial insects need a balance of carbohydrates (found in nectar) and protein (found in their prey) in order to survive," Walliser said.

Provide plants that produce flowers with shallow, exposed nectaries, she said. "Many beneficial insects are very small and don't have specialized mouthparts for accessing nectar from tubular flowers. Members of the carrot family and the aster family are great places to start."

Prevention, though, is probably the best way to keep problem insects away, said Christy Wilhelmi, a garden designer from Los Angeles and author of Gardening for Geeks (Adams Media, 2013).

"If you have healthy soils, you won't have as many pests and you won't need to use pesticides," she said. "Avoid (plant) stresses. Have soil with a lot of organic matter in it. Check your garden every day and you won't need pest control." THE ASSOCIATED PRESS

That's one green, mean aphid-eating machine

"A single ladybug — probably the most illustrious beneficial predatory insect — can consume up to 5,000 aphids during its lifetime."

Jessica Walliser, author of Attracting Beneficial Bugs to Your Garden: A Natural Approach to Pest Control

Many gardeners use pesticides — organic or otherwise — only as a last resort. They opt instead for such predatory insects as ladybugs, like the one shown above, which can be bought commercially and released from containers into the garden. DEAN FOSDICK/THE ASSOCIATED PRESS

How to go bug wild

Where to find beneficial insects? Aside from luring wild singles into your yard with the necessary food, water and shelter, you can simply buy several hundred for release from containers at garden centres or on the Internet.

- "Be sure you have everything they need to survive, then look at the types of pests you have in the garden," says author Jessica Walliser.

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IT'S A MATTER OF MAKING A SHIFT

SET A GOAL TO TRY TO TREAT THE EARTH PROPERLY

FLICKR/CHIOT'S RUN

Every year, Earth Day Canada organizes a campaign for the month of April to help educate and engage people of all ages and backgrounds to lower their environmental footprint. With Earth Day approaching on Tuesday, the Make It Count campaign is focusing on four action categories — eat, grow, transform, and share.

Canadians have been encouraged to set a goal for the number of actions they want to complete in each category throughout the month and count them using an online printable calendar. Then they are invited to share the results using the #MIC4ED hasthag to compare totals with friends, classmates, colleagues and people in other parts of the country.

Earth Day Canada president Deb Doncaster believes it's important to integrate Earth Day practices into regular activities; it's something she strives to do herself.

"Every day, I ride a bike to work and walk my son to school," she says. "I don't own a car, I'm a member of a local food co-op and I grow vegetables in my backyard."

Making seasonal, sustainable food choices is part of Make It Count's mission. Where we buy our food, what we eat and how we handle food waste can have a huge impact on the environment, economy and society.

Plants help purify and regulate the water cycle, store large amounts of carbon dioxide and are found at the base of the food chain. Tending to indoor or outdoor plants, herbs or vegetables is an easy place to start making a difference.

Transforming and repairing broken or old items, which is called "upcycling" or "repurposing," can save tonnes of waste from landfills. And one of the best ways to learn how to treat the planet properly is by sharing your knowledge with others, whether you do so by posting information on social media or writing a letter to a politician.

"Each Canadian has a responsibility to do what they can to lessen their impact on the Earth," Doncaster says.

"But integrating this into your daily activities has many great personal benefits, too, such as reducing stress and leading a healthier lifestyle. It's just a matter of making that shift."

– Jane Doucet

TEACHING KIDS THE VALUE OF OUR PLANET

This April, thousands of kids across Canada are choosing to Act for the Planet in several interesting and planet-friendly ways.

By participating in this campaign, kids can post a photo or drawing of their environmentally friendly activity on Ecokids.ca. Examples that have already been posted include a monthly beach cleanup in Sidney, B.C., and a Cubs group in Sylvan Lake, Alta., that went on a 20-minute walk and filled 10 grocery bags full of garbage.

Another great example is from Jace and Finleigh in Winnipeg. Each year when the snow is gone, they walk around the neighbourhood with their family and pick up the litter that has accumulated during winter.

There is also a contest — those who register in the campaign have a chance to win one of two tablets and one of two cameras courtesy of Sony.

It's vital to teach children the value of treating our planet kindly.

"Successful education in any form should start early and should be engaging and fun," says Ayal Lesh, Earth Day Canada's director of programs.

Children love taking part in nature-based or environment-focused activities.

"That's part of the reason why we decided to run the Act for the Planet campaign," Lesh says. "So that the kids can be recognized for their work and other people can see how creative they are."

– Jane Doucet

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Get walking, Canada! This year when you join the Canadian Wildlife Federation's Walk for Wildlife, you can help support CWF's conservation efforts on behalf of at-risk species, like the burrowing owl.
Register for FREE at WalkForWildlife.ca
The Walk for Wildlife Fundraising Loyalty Program is open to Canadian residents who are not residents of Quebec. To enter, participants must register at WalkForWildlife.ca before May 22, 2014. Once submitted, all contest entries become the property of CWF. Minors participating in this contest must receive written permission from their parents or guardians before participating, and be prepared to share this proof of permission with CWF when requested. Prizes must be accepted as awarded and are non-transferable, nor can prizes be redeemed for cash value. Estimated total value of the grand prize is $2,865.00. Full terms and conditions are available at WalkForWildlife.ca.

WORKING WITH COMMUNITIES

CONTRIBUTED

Environmental stewardship is a complex and subtle discipline. Many cultures around the world approach it in different ways and they all have their own unique insights and solutions.

The Earth Day Canada Tapestry program began as an acknowledgement that diverse cultural groups have many things to offer the environmental movement. Tapestry aims to bring diverse communities, community organizations and environmental sector stakeholders together in the Greater Toronto Area and southern Ontario over the next two years, and then nationally in years 4 and 5 to come up with new, collective ways to affect widespread and sustained environmental change.

Eduardo Garay is senior adviser — local and international programs at FutureWatch Environment and Development Education Partners. This not-for-profit organization helps connect new Canadians and those living in diverse communities in the GTA and elsewhere with their natural environment. He is on the Tapestry advisory council and his group is one of the stakeholder groups that have joined forces to support Tapestry.

"Tapestry is an upshot of a diversity research project conducted by Earth Day Canada in 2013," Garay says. "We looked at the capacity for an environmental organization that could work with a variety of communities."

Tapestry's goals include establishing more diversity on environmental sector boards and developing a diverse group of speakers who can communicate environmental issues to the media, to the general public and to interest groups. It is also developing a two-year community leadership program and a web-based resource toolkit that will be available in 10 languages.

The Tapestry program is sponsored by the TD Friends of the Environment Foundation and the Ontario Trillium Foundation.

– Tom Mason

M.E. LaZerte School in Edmonton won a $25,000 computer lab from Staples Canada.

CONTRIBUTED

RECYCLE FOR EDUCATION

Winning a new computer lab for your school is impressive enough. For the 700 schools across Canada that took part in this year's Recycle for Education program, the chance to make a difference to the environment and their planet was the real reward.

The competition, sponsored by Staples Canada in collaboration with Earth Day Canada, gave 10 participating schools the opportunity to win a suite of computer equipment worth $25,000 to each school, for submitting the details of their own green plan.

"When we heard that we had won grant money from Staples for our school, we were ecstatic," says Shelley Kofluk, student leadership department head at M.E. LaZerte School in Edmonton, one of last year's winners.

Leigh Pearson, director of facility, environmental and procurement at Staples Canada, says the Recycle for Education program squares perfectly with her company's core values.

"We're passionate about education and we're also passionate about the environment. We can learn a lot from students when it comes to finding ways to protect our environment. They have a lot to tell us, and the Recycle for Education program gives us a way to tell their stories."

– Tom Mason

CONTRIBUTED

HOMETOWN HEROES

TEAMS TACKLE THE ENVIRONMENT

CONTRIBUTED

In February 2011, Lyda Salatian founded the Lower Mainland Green Team, a group of volunteers who help Metro Vancouver parks, municipalities, non-profits and other organizations tackle environmental issues through teamwork and co-operation.

The Green Team combines Salatian's passion for the environment and her organizational skills. Volunteers have planted native plants and trees, such as Douglas fir, Western red cedar and Sitka spruce, picked up litter, removed invasive plants, such as English ivy, Scotch broom and periwinkle, and prepared and harvested vegetable beds, among other initiatives.

Earth Day Canada chose the Lower Mainland Green Team as the recipient of its 2013 Hometown Heroes Group Award, which recognizes a Canadian group that demonstrates outstanding environmental leadership, commitment and achievements in local communities.

"The Hometown Heroes Award sends a message that the work of our volunteers is very much valued and respected," says Salatian, the Lower Mainland Green Team's director.

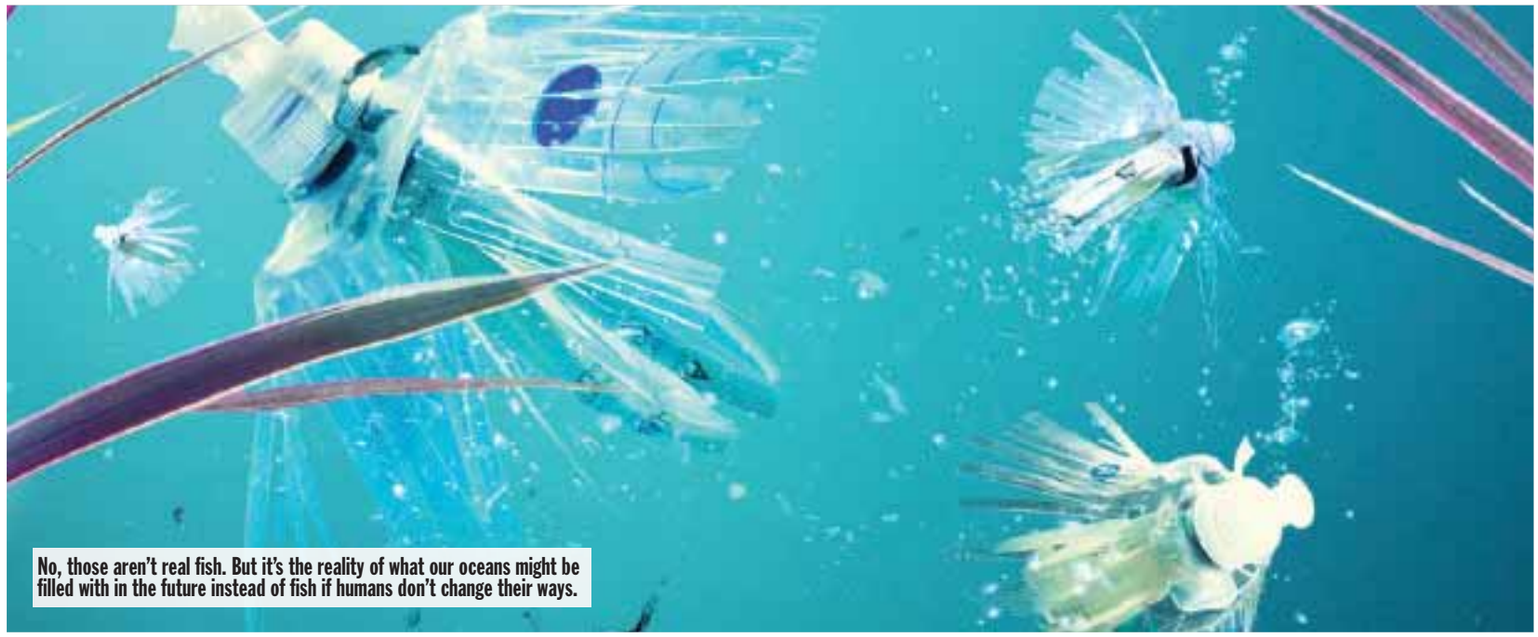
Salatian has been so inspired by her volunteers that in the past year she founded a charitable organization called Green Teams of Canada, through which she plans to start other green teams in British Columbia and across Canada. This summer she will be riding her bike from Victoria, B.C., to St. John's, N.L., to raise funds and awareness about Green Teams of Canada.

In the meantime, Salatian and her volunteers are basking in the glow of the Hometown Heroes Group Award win, which she feels her team shares symbolically with all of the hard-working environmental stewardship and watershed groups across the country.

Salatian has already invested the $10,000 Hometown Heroes Group Award cash prize — made possible by program sponsors Mill Street Brewery and RBC — in a worthy initiative.

"Our Green Team put the money toward running more activities to engage youth and at-risk youth. It's so important to instill an environmental ethic in younger generations."

– Jane Doucet



No, those aren't real fish. But it's the reality of what our oceans might be filled with in the future instead of fish if humans don't change their ways.

CONTRIBUTED

UNEARTHING THE OCEAN'S PROBLEMS

SODASTREAM ELIMINATES THE NEED TO BUY PLASTIC BOTTLES

CONTRIBUTED

As plastic garbage in our oceans becomes more and more of an issue, one company is committed to reducing plastic waste — one delicious and bubbly beverage at a time.

SodaStream is a home beverage system that eliminates the need to buy sparkling beverages in plastic bottles. This not only results in a smaller carbon footprint, but specifically eliminates the use of a single-use plastic bottle entering the global ecosystem. Most Canadians, and people around the world, have no idea about the amount of plastic that is manufactured every day in the name of soda. Startlingly, big soda manufacturers make more than 1.8 billion plastic bottles daily, and experts estimate that, after we are done enjoying what's inside them, less than 50 per cent of them are ever recycled. That's almost half a billion bottles daily that end up without a destination. So they end up in landfill or the ocean. And the oceans are showing it.

"Basically, the world's oceans are plasticized," says Marcus Eriksen, executive director of the 5 Gyres Institute, a conservation group that researches the amount of plastic in the planet's seas.

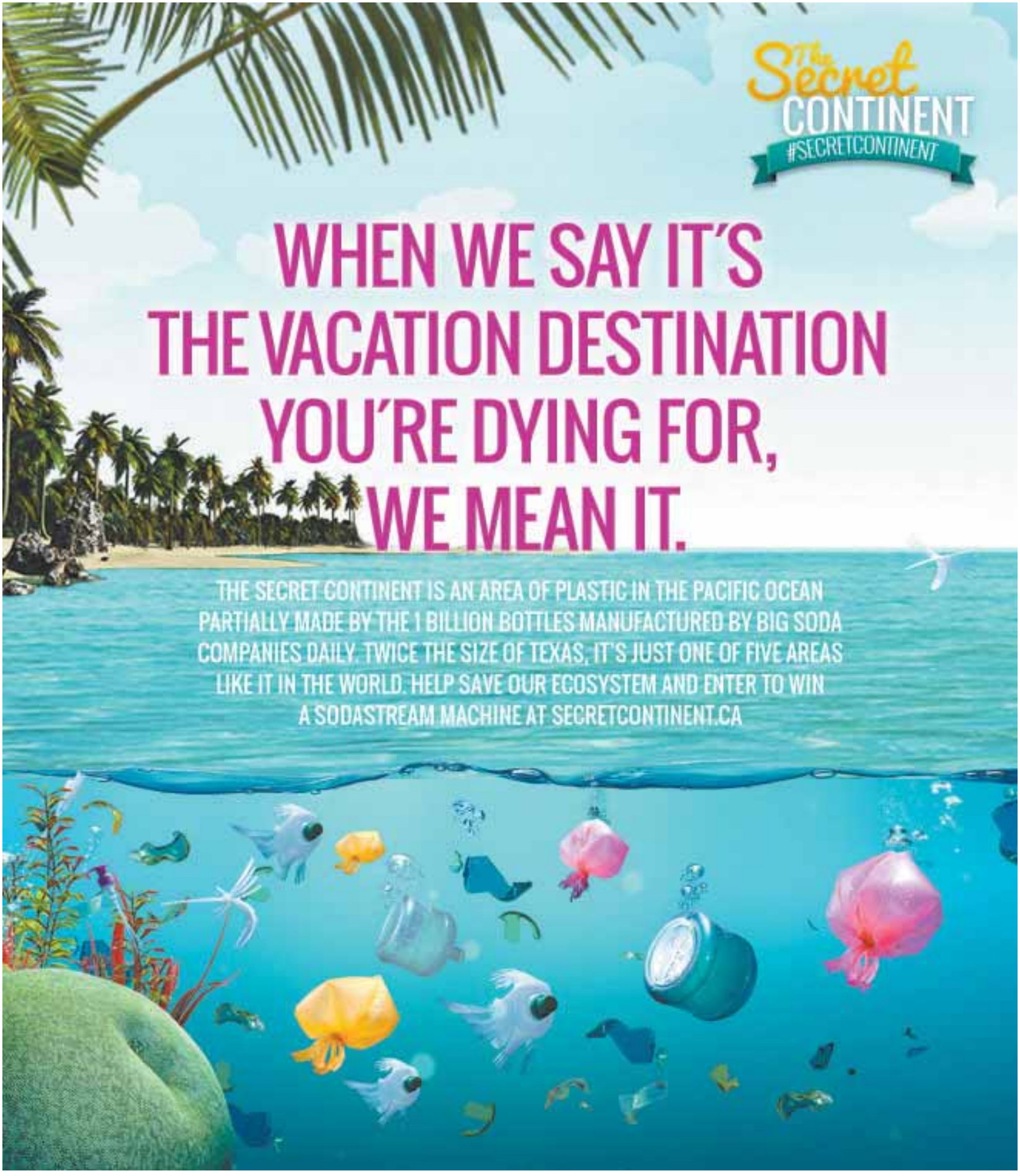
What's a gyre? The world's large bodies of water are split into five oceans — the Pacific, Atlantic, Indian, Soutern and Arctic, as geography class taught us — but they are also dynamic and have currents that flow in a generally circular pattern. These are called gyres. Trash that enters the ocean swirls around and eventually accumulates in central areas of the gyres. And those central areas have been found to be full of plastic. Bottles, bags, containers, cords, applicators, shipping materials, and almost everything else humans have ever used and discarded to never think about again. One of the areas alone is twice the size of the state of Texas. The Algalita Marine Research Institute estimates that there could be as much as 200 million tonnes of plastic trash in our oceans. This plastic threatens shipping lanes, satellite searches, and, most importantly, Earth's wildlife.

Yes, birds and aquatic life are bearing the brunt of this. They eat what they can find. And the reality of what they can find in these areas is just a whole lot of plastic. Who knows what the impact of this is going to be on our food chain? This is one of the cornerstones of how humans, and other animals, sustain themselves. Plastic is entering into it, and that travels up the chain.

The news, unfortunately, gets worse when you consider that, unlike other organic material, plastic breaks down, but never really separates into its original elements. Although some plastic can take as much as 700 years to break down, it actually just becomes smaller and smaller pieces of — you guessed it — plastic. It's estimated that 93 per cent of the plastic in our oceans is smaller than a grain of rice.

Clearly, our best strategy is that, as responsible creatures on this planet, we have to reduce the amount of plastic we use and discard. SodaStream's mandate is just that. Its mission is to deliver you a delicious carbonated beverage, but without the single-use plastic bottle. Just one SodaStream multi-use bottle can replace up to 2,000 plastic bottles every year with the touch of a button. That's less waste and less of a carbon footprint. This is just the beginning of the types of strategies we can all employ to be more environmentally aware. You don't have to think about giving up soda, just the outdated and wasteful way you get it.

As we get ready to celebrate the Earth for one day, and how it has given birth to us and sustains us, it's time to consider our actions. And be more responsible for them. The areas of plastic in our oceans is a problem that isn't going away, and unless we actively take a stand, it will only get bigger and soon be incurable. Companies like SodaStream, that actively find new and innovative ways to reduce our consumption, need to lead the charge from a company standpoint. But as we all know, it's up to each and every one of us to take individual action. Change is never easy. But you don't have to give up delicious soda to do it.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TAKE ACTION IN YOUR HOME

Celebrated every year on April 22, Earth Day is the largest environmental event in the world. More than six million people — including nearly every school-aged child — participate in Earth Day activities in their own communities.

It is a valuable reminder to respect the environment and do what we can to protect our planet. So this year on Earth Day, be sure to pledge an act of green.

Even at home, there are ways to take part in the world's most celebrated environmental event. Try these environmentally friendly tips that will also save you money on your energy bills:

• Cool down your house with a ceiling or electric fan and open up the windows at night. Ceiling fans cost about one cent for two hours of use, compared to 67 cents to a dollar for central air. Use your air conditioning only when necessary and be sure to turn it off when you are going to be away from home for long periods of time.

• Invest in a programmable thermostat. It will automatically adjust the temperature in your house, saving you energy while you are away or sleeping.

• Increase your attic insulation to a higher R-value. Products are applied by simply spreading it over existing insulation. An upgrade of this kind will keep your house cool in the warm weather and take the stress off your air conditioning unit.

• Check the tightness on your refrigerator seal by closing the door on a piece of paper. If it's held in place, the seal is still good, if not, it's time to replace the seal or fix the door's alignment.

• Only do laundry when you have full loads. If you have smaller loads, make sure to use the correct settings and if you only have a couple of items, wait it out or wash them by hand.

– News Canada

MAKING A POSITIVE IMPACT

TOM RAND LATEST HONOREE FROM EARTH DAY CANADA

Deborah Doncaster still remembers her first Earth Day experience. The year was 2000, and she was with her niece and nephew at a tree-planting event in Rosedale Valley Ravine in Toronto.

"It was then that I really understood the satisfaction of doing something direct," she says. "A lot of my work before that was focused on being an activist and I attended many protests. But after that day, I got hooked on direct environmental action — less talk, more doing. It was something you could touch and feel. It was real and it was fun."

Today, Doncaster is president of Earth Day Canada, which organizes Earth Day events, as well as year-round programs to foster interest in the environment.

"We offer free, award-winning programs to educate and inspire people across Canada to reach local environmental solutions," she says. "The mission of our organization is to foster and celebrate environmental respect, action and behavioural change that can lessen our impact on the Earth. We want to provide the tools to make a difference all year long, and that can also be enjoyable and educational in the process."

The outstanding commitment to the environment award is one of those programs — a prestigious annual award handed out to an exceptional environmental activist, teacher or thinker. Every year, Earth Day Canada chooses someone who has made a significant difference for the environment and who has truly set an excellent example of great environmental work to receive the award. Notable past winners include musician Bruce Cockburn, celebrated activist Maude Barlow, lawyer and environmentalist Clayton Ruby, and painter and naturalist Robert Bateman.

Tom Rand

CONTRIBUTED

Tom Rand, the most recent winner, is a green entrepreneur, advocate, adviser, speaker, investor and the author of Kick the Fossil Fuel Habit: 10 Clean Technologies to Save Our World.

Doncaster says the accomplishments of past winners of the outstanding commitment to the environment award show that everyone can make a positive impact on our planet.

"We truly believe that each individual action can quickly add up to a substantial improvement for the environment," she says. "It's important to work together to make a difference."

– Tom Mason

SIX TIPS FOR LIVING GREEN

1 TRAVEL ACTIVE AND GREEN Take transit, walk, cycle, carpool, or telecommute.

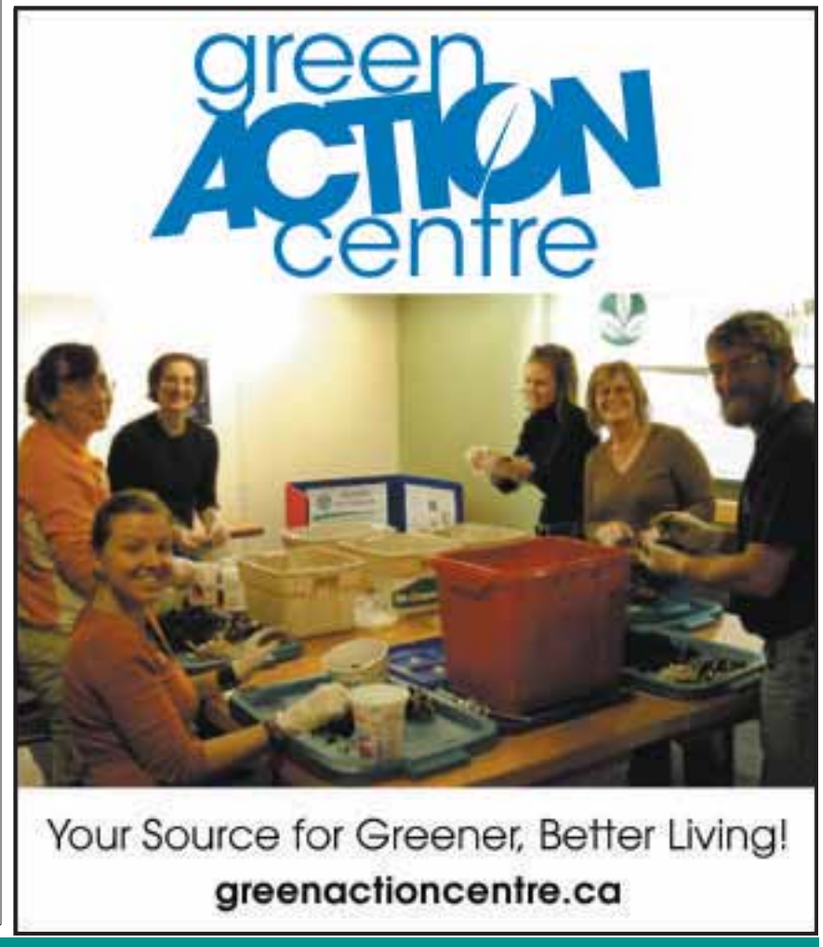
2 SAVE ENERGY AND MONEY AT HOME Insulate, keep cool with fans, wash clothes in cool water, use a clothesline, turn off unused appliances, install a low-flow shower head.

3 BUY LOCAL Eat fresh food from local producers.

4 BE GARBAGE-LESS Recycle and compost. Re-use or donate unwanted items.

5 SHOP SMART Look for items made from recycled and recyclable materials.

6 GET TOGETHER WITH OTHERS Attend the Earth Day screening of Precautionary Principle: The Nicole Bruinsma Story at The Park Theatre April 22 at 6:30 p.m. *– Green Action Centre*



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Earth Day Celebration!

Celebrate the planet at **FortWhyte Alive** on **Sunday, April 27, 2014**

Embrace green transportation by cycling or walking to FortWhyte and be entered to win an awesome Earth Day prize package. Enjoy family-friendly activities, games, workshops, live entertainment, info booths, local food, and much more!

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www.fortwhyte.org

Recycle with style at Value Village

Paid Advertisement

Shopping and donating at Value Village provides a great way for customers to reduce, reuse and recycle!

There are many ways consumers can make small changes in their daily habits in order to have a positive impact on the environment, from switching to energy-efficient light bulbs and eco-friendly cleaning products to carrying reusable shopping bags. What many don't realize is that one of the easiest ways to "go green" is by shopping thrift. When you shop at Value Village stores and donate reusable items to its nonprofit partners, you're keeping goods out of landfills and giving pre-loved treasures a brand new life.

"We know that families across Canada are clearing out their clutter and getting organized with spring cleaning," said Tony Shumpert, Vice President of Recycling Operations for Value Village. "By donating these items, instead of simply throwing them away, you can give back to your community and save quality goods from polluting the Earth. In fact, Value Village operates one of the largest recycling programs in the world, saving more than 600 million pounds of goods from landfills last year alone."

DID YOU KNOW?

Shopping thrift is a great way to snag fashionable clothing and one-of-a-kind accessories, collectables, books and household items for a bargain. Value Village purchases its merchandise from more than 60 nonprofit offices across Canada, which allows each store to stock nearly 100,000 items on its sales floor each and every day! So the selection is ever-changing and always fresh!

So how does it work? Every Value Village location partners with a charitable organization in its community, including Canadian Diabetes Association and Big Brothers Big Sisters of Winnipeg. All year round, each store pays its nonprofit partner for every donated item, including clothing, housewares, books and more. Over the past 10 years, Value Village has purchased more than $1.5 billion of goods from its partners – turning otherwise unused items into sustainable funding that supports the nonprofit's vital community programs and services.

The highest-quality items are priced at a great value and displayed on Value Village's sales floors for purchase, while merchandise not suitable for resale is responsibly recycled.

Residents with clothing or household goods to donate can call participating nonprofits for a home pickup or drop off their items at convenient Community Donation Centres located at every Value Village store.

For more information on Value Village's nonprofit partnerships and recycling efforts, or to find a Community Donation Centre near you, visit **valuevillage.com**.

GOOD JOB BOB!
Save 30%

When you donate two bags or boxes of reusable clothing or household items at the Community Donation Centre located at Value Village! Now thru May 3, 2014. Value Village pays local nonprofits every time you donate, and recycling helps planet Earth! Thank you!

Offer good now thru May 3, 2014. One coupon per visit. Minimum two box/bag requirement. Each box/bag must be equal to or larger than one full brown paper grocery store shopping bag. See coupon for details.

In our community, your donations benefit:

Canadian Diabetes Association

Big Brothers Big Sisters of Winnipeg

Donate at:

Value Village

PROUD OF YOU SUE!

YOU JUST DONATED AT VALUE VILLAGE.

YOUR DONATION OF CLOTHING AND HOUSEHOLD ITEMS JUST BECAME FUNDING FOR A LOCAL NONPROFIT AND HELPS THE ENVIRONMENT. FEELS GOOD, RIGHT? WE KNOW!

In our community, your donations benefit:

Canadian Diabetes Association

Big Brothers Big Sisters of Winnipeg

Donate at:

ValueVillage

www.valuevillage.com

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Paul Maurice is staying on as the Jets' head coach. GETTY IMAGES FILE

Four more years

NHL. Maurice will be back as head coach and he hopes Pavelec returns as well

Head coach Paul Maurice has been given a four-year extension to guide the Winnipeg Jets, and he and general manager Kevin Cheveldayoff appear to be of one mind on some of the team's upcoming issues.

One of them is keeping Ondrej Pavelec as the team's starting goaltender.

Cheveldayoff said it was disappointing not to make the playoffs but he didn't suggest he's deviating in any big way from his draft-and-develop philosophy, and that includes sticking with his 26-year-old starting netminder.

"Ondrej Pavelec is the No. 1 goaltender going into next season," the general manager insisted.

"He's relatively a young goaltender when it comes to being a starting goaltender and when you give those young players those opportunities to excel, there's going to be some bumps along the way."

With a save percentage of .901 (70th among all goalies in the NHL) and a goals-against average of 3.01 (69th) Pavelec is a frequent target of criticism.

Winning record

35

Paul Maurice was behind the Jets' bench for 35 games this season, guiding them to a record of 18-12-5.

Maurice says he wouldn't have a lot to say about who plays for the team, which is a general manager's job, but he had no problem at all with Pavelec as his starting netminder.

"We're at a stage in our franchise where we've got three or four potentially critical pieces through our lineup that are here that we've got to make better. We've got to put them in a position to be better, then they have to be better ...

"And I think Evander Kane falls into that hole, really good young talented players that need to develop, that need to get better and I think they will get better ... In my mind, with Ondrej Pavelec, we have to do everything we can as a team to give our goaltending the best chance to win us games and that hasn't happened yet."

Kane finished with only 19 goals this season, a far cry from the 30 the forward scored in 2011-12, although this season he missed 19 games — 18 due to injuries and another as a healthy scratch, reportedly for missing a team meeting.

THE CANADIAN PRESS

CFL

Riders lock up franchise QB

The Saskatchewan Roughriders rewarded quarterback Darian Durant on Wednesday.

The CFL club signed Durant to a multi-year contract extension after he guided the Riders to a Grey Cup title last year, just the fourth in club history.

Durant was entering the option year of his CFL deal.

Durant, 31, has spent his entire eight-year CFL career with the Riders.

THE CANADIAN PRESS

Monte Carlo Masters

Raonic OK on clay

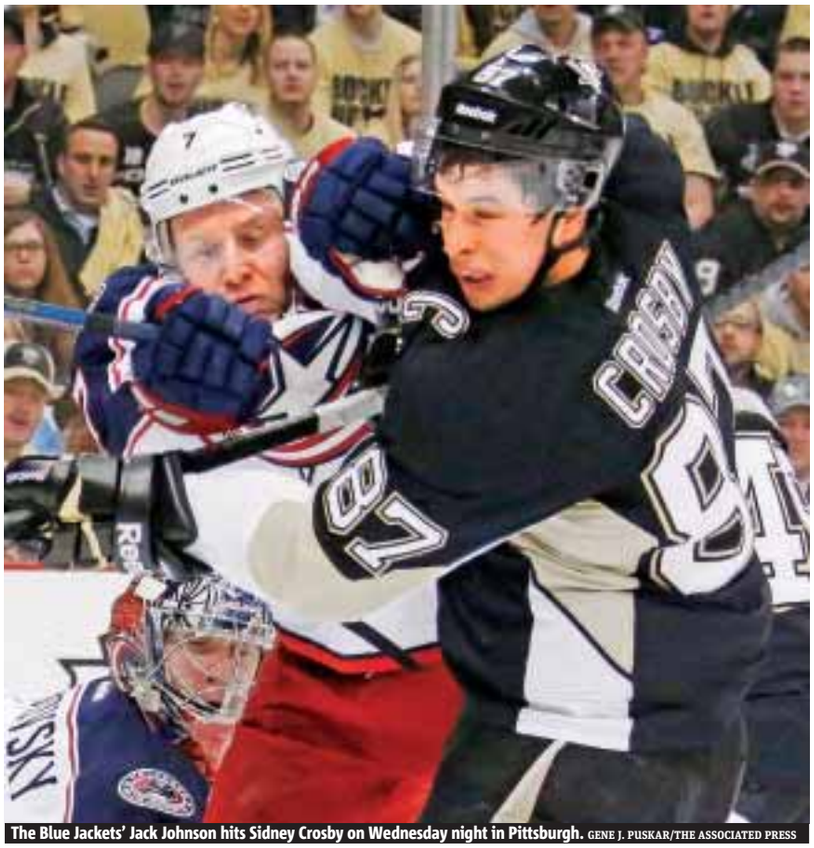
Canada's Milos Raonic opened his clay-court season with a second-round victory over Taiwan's Yen-Hsun Lu at the Monte Carlos Masters on Wednesday.

The No. 8 seed from Thornhill, Ont., rebounded nicely after dropping a first-set tiebreaker in the 6-7 (4), 6-2, 6-1 win.

Raonic, who had a first-round bye, fired 19 aces.

THE CANADIAN PRESS

Scan this image with your Metro News app to see how some other stars did on Wednesday in Monaco. JULIAN FINNEY/GETTY IMAGES



The Blue Jackets' Jack Johnson hits Sidney Crosby on Wednesday night in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

Pens corral Blue Jackets to jump out to Round 1 lead

NHL. Sutter settles Game 1 with third-period marker, as Columbus remains winless all-time in post-season

Brandon Sutter scored on a wrist shot from the left circle 8:18 into the third period, helping the Pittsburgh Penguins rally for a 4-3 victory over the Columbus Blue Jackets in Game 1 of the Eastern Conference quarterfinals on Wednesday night.

Beau Bennett and Matt Niskanen scored power-play goals 45 seconds apart in the second period, erasing Pittsburgh's two-goal deficit. Jussi Jokinen also scored for the Penguins and Marc-Andre Fleury overcame some shaky defence to stop 31 shots.

Game 2 is Saturday night.

Jack Johnson, Mark Letestu and Derek Mackenzie scored for the Blue Jackets, who fell to 0-5 all-time in post-season games. Sergei Bobrovsky finished with 28 saves but was handcuffed by Sutter's knuckling wrister at the end of a 2-on-1 break.

The Blue Jackets insisted they wouldn't be intimidated despite Pittsburgh's overwhelming edge in playoff experience and star power. The Penguins also swept the five regular-season meetings between the two teams.

It took Columbus all of a period to go out and prove it.

Johnson gave the Blue Jackets their first-ever post-season lead 6:20 into the game.

THE ASSOCIATED PRESS

Canadiens 5, Lightning 4

If Game 1 was a preview of what's to come, fans should grab their popcorn and settle in for the rest of the Montreal Canadiens' series against the Tampa Bay Lightning.

- The teams combined for lots of mistakes, lots of goals and lots of hate at Tampa Bay Times Forum on Wednesday night in an entertaining opener to the Atlantic Division semifinals. Fourth-liner Dale Weise provided the last bit of drama with the overtime winner to give the Habs a 5-4 victory and a 1-0 lead in the series.

Weather

TODAY	FRIDAY	SATURDAY
MAX: -2° MIN: -9°	MAX: 5° MIN: -4°	MAX: 5° MIN: -1°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

The stars have aligned. It's time to put your doubts behind you and get the vehicle you deserve. **It all starts with a call to Birchwood Credit Solutions.**

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			3			9		
7		3		5			4	
8			4			5		
		5		6	2			1
	2						5	
9			1	4		7		
		1			8			2
	3			7		1		9
		4			6			

Yesterday's Sudoku

Horoscopes

♈ Aries
March 21 - April 20
Something you said or did in the past may return to upset your plans today but there is nothing you can do about it so don't get angry. Accept that you cannot always have things your own way.

♉ Taurus
April 21 - May 21
You may like to give the impression that you are immune to criticism but it's not true and what someone says today will hurt you. Could it hurts because you know there might be truth in it?

♊ Gemini
May 22 - June 21
You have no time for people who think and act slowly but the planets warn you need to be a bit more lenient and forgiving today. Not everyone can operate at your superstar level.

♋ Cancer
June 22 - July 23
It may be tempting to start something new today but you know you should be biding your time and conserving your energy. Once the Sun moves in your favour again on the 20th, you will know for certain what you should be doing.

♌ Leo
July 24 - Aug. 23
Someone in a position of authority is watching you closely and if they like what they see you could be in for a promotion or a pay rise – or both – when the Sun moves into the career area of your chart at the weekend.

♍ Virgo
Aug. 24 - Sept. 23
If you promised to do something for a friend and you've had a change of heart, too bad! If you let even one person down today your rep for trustworthiness will head south.

♎ Libra
Sept. 24 - Oct. 23
It may be time to let certain people know that they can have no say in your future. Far too many friends and relatives seem to be telling you what you should do but each and every one of them is wrong. Follow your heart.

♏ Scorpio
Oct. 24 - Nov. 22
There is a battle of wills going on at the moment, either in your career or your social circle, and it's a battle you cannot afford to lose. Your sign has a rep for ruthlessness and it's something you should be looking to live up to.

♐ Sagittarius
Nov. 23 - Dec. 21
If you own up to some sort of transgression today, it may surprise you how little others seem to care about it. Either it's not such a big deal after all or their own sins are many times worse. Either way, for you, it's a win.

♑ Capricorn
Dec. 22 - Jan. 20
It would appear that someone you work with has made a mistake and would like nothing better than to blame you for it. Don't let that happen! They're not the only ones who can point fingers.

♒ Aquarius
Jan. 21 - Feb. 19
You seem reluctant to take chances at the moment and according to the planets you are right to hold back. A lot will change over the next four days, so wait a bit before making your next big move.

♓ Pisces
Feb. 20 - March 20
Try not to commit yourself to anything new over the next 24 hours. A range of possibilities will open up for you between now and the start of next week, so don't get snowed under by even more responsibilities.

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- **Poor credit due to unexpected events**
- **Past vehicle repossessions**

"By explaining your credit report and finding a vehicle in your budget, I can work with you to tailor a plan to rebuild your credit."

Barry Uranick
Financial Services Manager
Salter Street Location

Credit scores range from 300 to 900.
Where do you stand?

To solve, enter your credit score in the boxes below.

? ? ?

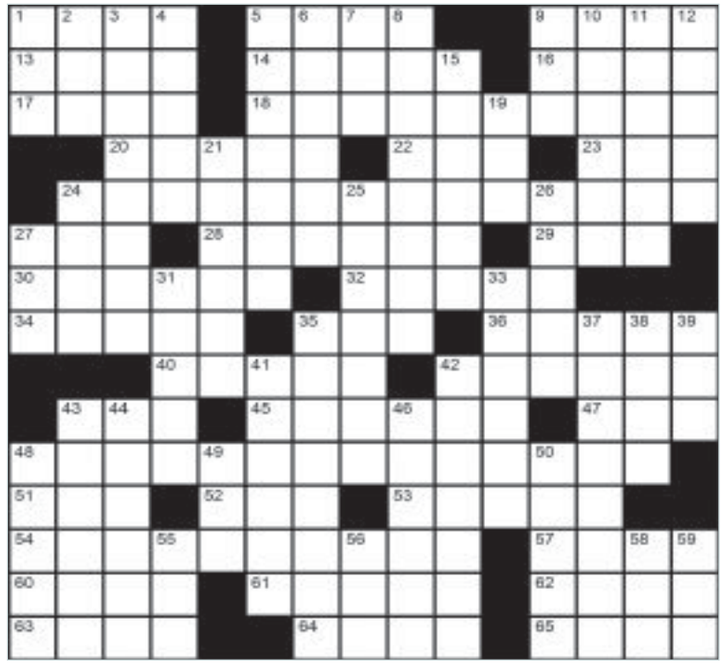
ANSWER: Get your free credit report at choosebirchwood.ca/credit

Yesterday's Crossword

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. __ and terminer
5. Scatters seeds
9. Salon service
13. Buddy Holly hit: "__ On"
14. Creates a cardigan
16. Baseball's Mr. Boggs
17. Old UK airline in a Beatles tune
18. Space studier
20. "The __ _ heard was..."
22. Stun
23. Perhaps
24. Canadian comedy series for Rocko, Cuddles, Bill and Buttons the Bear: 3 wds.
27. Farm field
28. Singer Ms. Franklin
29. Ques. partner
30. Records
32. Wretched
34. Awkward
35. Rent
36. Fast
40. South Pacific tourist destination
42. Beachwear style
43. Italian pronoun
45. Turkey's capital
47. Stock place, e.g.
48. Saskatchewan's rugged Western-movie-esque region near the American border: 3 wds.
51. __ Arbor, Michigan
52. My own, in Latin
53. Iron: German
54. Members of Cape Breton choir The Men of the Deeps: 2 wds.
57. Mythical Hun king
60. Prefix to 'phony' (Harsh noise)
61. Bug
62. French pronoun
63. Freshly
64. Quebec City 'streets'
65. 'Photosynth' suffix

Down

1. Royal symbol
2. Former-NBAer, __ Ming
3. Assess
4. Post-game analysis
5. Kurt Browning's colleagues
6. At the actual place
7. Stand-up's forte
8. Scarecrow's outfit part: 2 wds.
9. __-faced
10. Home design/build expert on "The Marilyn Denis Show", Mr. Khachi
11. Nonesuches
12. Ms. Streep
15. "Hey, I could care less.": 2 wds.
19. Retro's opposite
21. Enemy of ancient Athens
24. Actor Mr. Badgley
25. Like not-cleaned-very-well windows
26. Inuit craft
27. Hilo adornment
31. __ salts
33. Judicial happenings
35. Denizen of Ontario's 'Forest City'
37. Stuffed-into-olives items
38. Like stamp pads
39. Morse Code tap
41. Became successful: 2 wds.
42. Sears-then-simmers in cooking
43. Ancient Greece: Denizen of the island of the Labyrinth
44. Northwestern Ontario town
46. Disinclined
48. Berry
49. Un-sure sounding sound
50. Go away
55. Down
56. Montreal 'water'
58. Him: French
59. Chris Hadfield's post in 2013, for short

Three city-wide locations
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1300 Regent Avenue West (Inside Birchwood Ford)
3965 Portage Avenue (Inside Birchwood Chevrolet)

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Abby D.
Current Client at
Birchwood Credit Solutions

IN THE CITY FOR THE LONG WEEKEND?

WE'RE OPEN ALL WEEKEND LONG

What's on tap this weekend:

THURSDAY Capt'n Crunch and the Serial Killers 10pm-1am

HAPPY HOUR FRIDAY Eli Matas 4pm-7pm

FRIDAY The Pompettes 10pm-1am

SATURDAY Capt'n Crunch and the Serial Killers 10pm-1am

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